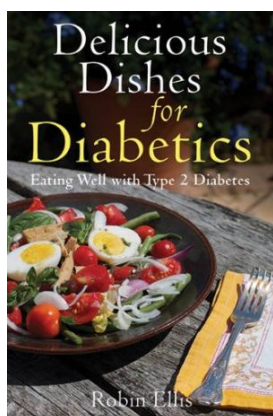


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DELICIOUS DISHES FOR DIABETICS: EATING WELL WITH TYPE-2 DIABETES



Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Delicious Dishes for Diabetics: Eating Well with Type-2 Diabetes, Robin Ellis, This is a food-lover's guide to eating well with diabetes. Based on Mediterranean cuisine--one of the healthiest in the world--British actor Robin Ellis shares his lifetime collection of healthy recipes fit for any type of diabetes. Living with Type-2 diabetes himself, Robin explains the strategic changes he has had to make in what he eats and how he prepares...

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- Authored by Robin Ellis
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Reviews

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