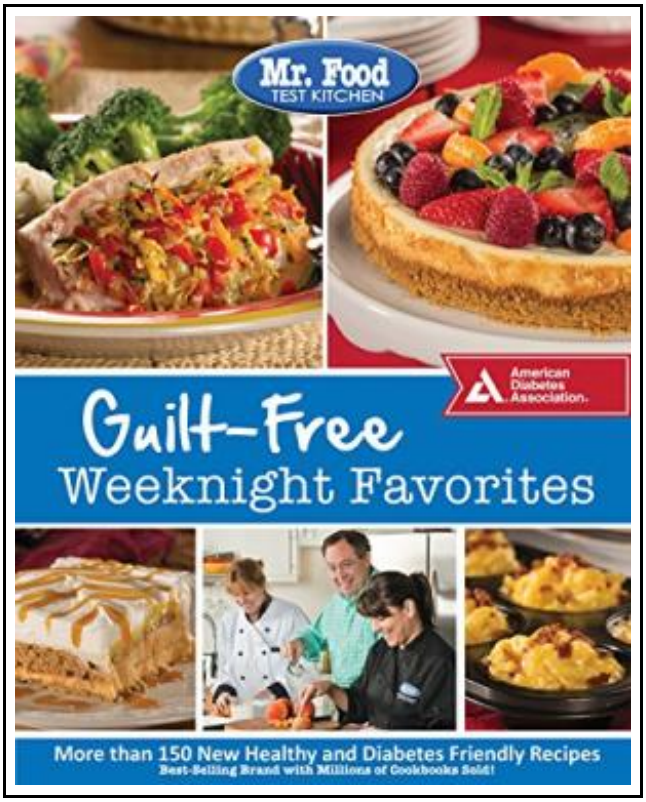
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American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, Mr. Food Test Kitchen Guilt-Free Weeknight Favorites, Mr. Food Test Kitchen, Schedules are busy and time is short, but people with diabetes still need healthy meals to stay on track. Here to help is the Mr. Food Test Kitchen and the brand-new Guilt-Free Weeknight Favorites. Recognizing that weeknight meals are the most challenging home-cooked meals of the week, especially for those with families, work, or simply a shortage of time, this book was designed to help home cooks create healthy, delicious meals without falling into the trap of the fast food drive-thru or junk food delivery. This new collection starts with a foreword from NASCAR phenom and ADA spokesperson, Ryan Reed. Diagnosed with diabetes as a teenager, Ryan has overcome the odds to become one of the brightest young talents in the racing world. He's also a strong advocate for proper nutrition and is on a mission to improve eating habits in a sport not known for healthy fare. He's eager to join the Mr. Food Test Kitchen in promoting healthy recipes perfect for people with diabetes. With over 150 recipes, this is the quick and easy cookbook every busy person with diabetes needs to own.

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