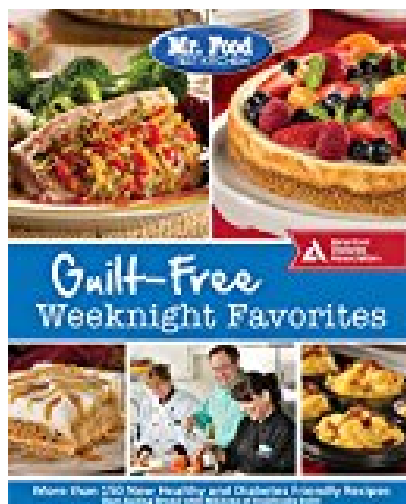


# Mr. Food Test Kitchen Guilt-Free Weeknight Favorites

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## BOOK DETAILS

- Author : Mr. Food Test Kitchen
- Pages : 208 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580405568

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## BOOK SYNOPSIS

Mr. Food has been delivering recipes, cooking tips, and kitchen techniques to television audiences for more than 30 years. Now, he and the Mr. Food Test Kitchen have again teamed up with the American Diabetes Association for their fifth project; a brand new cookbook filled with recipes that are nearly too good to be true! Perfect for people with diabetes and pre-diabetes, Hello Taste, Goodbye Guilt is a collection of unbelievable meals and dishes crafted by the culinary professionals viewers nationwide have grown to trust. Specifically designed to meet the nutrition needs of those with diabetes, pre-diabetes, or those just looking to improve their health, these recipes prove that you can eat healthy without sacrificing an ounce of flavor. Drawing on their decades of experience, the Mr. Food Test Kitchen Team has taken well-known favorites and mixed in some new surprises to create meals that are long on taste and short on guilt. Whether its Sweet Potato Crowns, Carolina Brisket Sliders, or Caramel Walnut Brownies, the recipes in Hello Taste, Goodbye Guilt will leave people looking to control their blood glucose or shave off a few extra pounds amazed at what they can fit into their meal plans. With over 150 recipes designed for every meal and every occasion, including breakfast dishes, desserts, sides, salads, and more, and paired with original photography and an attractive four-color design, this collection covers it all. Plus, each recipe is designed to meet the nutrition guidelines of the American Diabetes Association, which use evidence-based research to craft recommendations shown to help control glucose levels and promote weight loss. With the help of the Mr. Food Test Kitchen and the American Diabetes Association, eating well and controlling diabetes has never tasted so good.

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