

## Greens 24 7

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with more than 100 quick and easy recipes for turning leafy greens into delicious vegan meals snacks smoothies and cakes this book shows how fun and easy it is to eat your greens filled with nutritional information and helpful ingredient factfiles green 24 7 not only instructs but also makes you more aware of what you re eating and cooking each recipe is clearly laid out and is accompanied by a beautiful photograph this book serves as an excellent guide for new recipes but also as an exciting source of inspiration for the budding cook who is seeking to find innovative ways to eat their greens from the chocolate superfood smoothie to the zucchini noodle bolognaise this book has all your meals covered

a delectable plant based cookbook and eating guide for preventing and managing diabetes and pre diabetes from award winning cookbook author and registered dietitian jackie newgent diabetes is an epidemic in the united states more than 11 percent of the population is living with diabetes and 38 percent of u s adults have prediabetes diabetes can lead to heart disease stroke kidney failure blindness and lower limb amputation recent research has also shown a connection between diabetes and dementia hearing loss and some forms of cancer experts point to diet as a key component in preventing and treating diabetes and prediabetes particularly one featuring fruits and vegetables that s where the plant based diabetes cookbook comes in helping people with diabetes or at risk for developing it enjoy more plants the key word is enjoy here jackie newgent rdn cdn an award winning cookbook author and classically trained chef offers 100 percent plant based recipes that are full of flavor with fresh modern appeal at the same time the dishes appeal to all eaters not just vegetarians the book is packed with more than 125 recipes plenty of hearty main dishes tasty menus and hundreds of helpful tips following today s current nutrition therapy guidelines readers can follow a flexible plan without being overly focused on calories carb counting or other strict macronutrient or micronutrient parameters people with diabetes and prediabetes and their families and friends will benefit from the deliciousness the plant based diabetes cookbook brings to the table and the good health it brings to their lives

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