



# First Choice Cookbook

*Colleen Bartley*

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## **First Choice Cookbook** Colleen Bartley

The First Choice Cookbook is full of delicious low fat, low sugar recipes that are quick and easy to prepare. It is perfect for a busy family, novice chef, or for anyone learning to follow a diabetic meal plan. Carbohydrate, protein, fat, calories calculations and the Exchange Values of the American Diabetes Association are included with each recipe. However, these recipes are not just for people with diabetes, they will be enjoyed the whole family.

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