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The Everything Guide to Managing and Reversing Pre-Diabetes: Your complete plan for preventing the onset of Diabetes (Everything®)

Gretchen Scalpi

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A pre-diabetes diagnosis is a wake-up call. And with this book, you can make the lifestyle changes you need to ensure your good health. The book guides you not only through what to eat and when, but how to prepare delicious, healthy meals such as:

- Honey–Oat Bran Bread
- Layered Veggie Casserole
- Cold Roasted Red Pepper Soup
- Roasted Garlic Mashed Potatoes
- Strawberry-Banana Sorbet

Reversing a diagnosis can be daunting, but with this guide, you learn to take the process one step--and one meal--at a time.

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