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

Gretchen Scalpi, Vigersky Robert

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A pre-diabetes diagnosis diagnosis is a wake-up call. And with this book, you can make the lifestyle changes you need to ensure your good health. Certified Diabetes Educator and Registered Dietitian Gretchen Scalpi provides helpful tips not only on what to eat and when, but how to prepare delicious healthy foods 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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