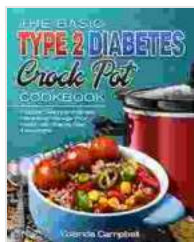


A Guide to Cooking Healthy and Manageable Savory Dishes



The Basic Type 2 Diabetes Crock Pot Cookbook: Popular, Savory and Simple Recipes to Manage Your Health with Step by Step Instructions by Chase Hassen

★★★★☆ 4.1 out of 5

Language : English
File size : 2644 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 113 pages
Lending : Enabled



Eating healthy and nutritious meals is essential for maintaining a healthy lifestyle. However, cooking healthy dishes can sometimes seem like a daunting task. That's why we've put together a collection of simple and delicious savory recipes that are perfect for those who want to manage their health. These recipes are easy to follow, with step-by-step instructions and clear ingredient lists.

Breakfast



- **Oatmeal with Berries and Nuts**

This classic breakfast is a great way to start your day. Oatmeal is a good source of fiber, which can help you feel full and satisfied. Berries and nuts add sweetness, flavor, and antioxidants.

- Cook 1 cup of oatmeal according to package directions.

- Top with 1/2 cup of berries and 1/4 cup of nuts.
- Enjoy!



- **Eggs with Whole-Wheat Toast**

Eggs are a great source of protein, which can help you feel full and energized. Whole-wheat toast is a good source of fiber, which can help you stay regular.

- Cook 2 eggs to your liking.
- Toast 2 slices of whole-wheat bread.
- Enjoy your eggs with your toast!



- **Yogurt with Fruit and Granola**

Yogurt is a good source of protein and calcium, which are both essential for maintaining strong bones and muscles. Fruit and granola add sweetness, flavor, and fiber.

- Combine 1 cup of yogurt, 1/2 cup of fruit, and 1/4 cup of granola in a bowl.

- Enjoy!

Lunch



- **Salad with Grilled Chicken**

Salad is a great way to get your daily dose of fruits and vegetables.

Grilled chicken adds protein, which can help you feel full and satisfied.

- Grill 1 chicken breast.
- Combine 1 cup of greens, 1/2 cup of vegetables, and 1/4 cup of grilled chicken in a bowl.
- Dress your salad with your favorite dressing.



- **Sandwich on Whole-Wheat Bread with Hummus, Vegetables, and Cheese**

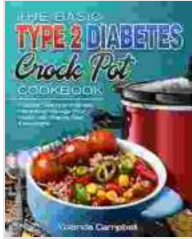
Whole-wheat bread is a good source of fiber, which can help you stay regular. Hummus is a good source of protein, and it's also a low-fat alternative to mayonnaise. Vegetables add flavor, nutrients, and fiber.

- Spread 1/4 cup of hummus on 2 slices of whole-wheat bread.
- Top with your favorite vegetables.
- Add 1 slice of cheese.
- Enjoy!



- **Soup with Crackers**

Soup is a great way to get your daily dose of vegetables



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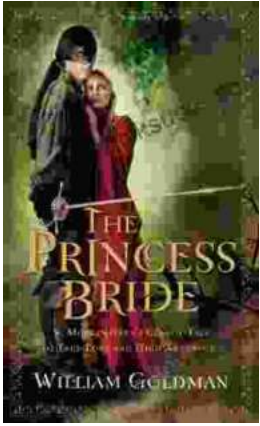
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