



# **Express Lane Diabetic Cooking : Hassle-Free Meals Using Ingredients from the Deli, Salad Bar, and Freezer Sections of Your Grocery Store**

*Robyn Webb*

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Readers can pick up a few prepared foods at the supermarket and create a dish in less than 30 minutes that tastes like they cooked for hours. More than 150 recipes feature ingredients from the deli, salad bar, and freezer sections of the grocery store. Special hints on how to find ingredients in the store are also featured, and a map of the usual placement of foods in the grocery store is included.

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