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500 High Fiber Recipes Fight Diabetes High Cholesterol ...

A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among ...

500 Low Glycemic Index Recipes: Fight Diabetes and Heart ...

These 10 grain bowls make for an effortless high-fiber lunch. More filling than a salad, these veggie-packed meals will fuel you until dinnertime. Layers of ingredients mean that not only is your lunch never boring, but it's also high in nutrients. 1. CHICKEN & BROWN RICE BOWL | MYFITNESSPAL'S RECIPES Nutrition (per serving): Calories: 388; Total ...