



Culinary Medicine

Recipes for Diabetes

ChefMD®: <http://drjlp.com/1YYqZcu>

Diabetic Living: <http://drjlp.com/25ax7m>

Joy Bauer: <http://drjlp.com/1S3fxck>

Recipes for High Cholesterol

BBC Good Food: <http://drjlp.com/21uurLG>

Best Health: <http://drjlp.com/1Pb94bh>

ChefMD: <http://drjlp.com/21uugA0>

Recipes for High Blood Pressure:

ChefMD: <http://drjlp.com/1Lpldxm>

DASH: www.in.gov/isdh/files/DASH.pdf

Eating Well: <http://drjlp.com/1pt9aXd>

Recipes for the Mediterranean Diet

ChefMD: <http://drjlp.com/1QWuezi>

Epicurious: <http://drjlp.com/1RNdTcL>

Paula Wolfert: <http://drjlp.com/1U6fW1N>