

Recipes attempt to follow nutrition guidelines set forth by the book: *Dr. Bernstein's diabetes solution: The complete guide to achieving normal blood sugars*<sup>1</sup>

The internet culinary world is bloated with ads and un-necessary backstories that distract the cook from following recipes. This document is meant to re-format internet-based recipes, as well as personal recipes, into a document that follows a simple format that enables the cook to quickly and efficiently find the information needed.

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<sup>1</sup>Richard K. Bernstein. *Dr. Bernstein's diabetes solution: The complete guide to achieving normal blood sugars*. Little, Brown and Co., 2011.