

Medi Diet Resources



- Glycemic Index
- Magic Sauce
- Salad Dressings--see Moosewood Inn below
- Sheet Pan Dinners
 - Roasted Vegetable Bowl
 - Curried Sweet Potatos and Chickpeas
 - LOTS more sheet pan dinners
- Moosewood Inn Cookbook
 - Online recipes
- Eating Bird Food-website
- Minimalist Baker-website

