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Fabiola demps gains (author of the new soul food

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Roniece Weaver and Fabiola Gaines' "New Soul Food Cookbook for People with Diabetes", the first diabetes cookbook for and by African Americans, was a blockbuster with

Healthy soul food cooking (mcgraw-hill) doi:

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Diabetic Cooking with Soul The Virtuous Women speak with Fabiola Gaines and Shawn Southern soul food gets a healthy makeover in The Family Style Soul

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Founders - hebni nutrition consultants

In her current role she is also the co-author with Fabiola Gaines Month of Meals, Family Style Soul Food, Healthy Director of Nutrition Services

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