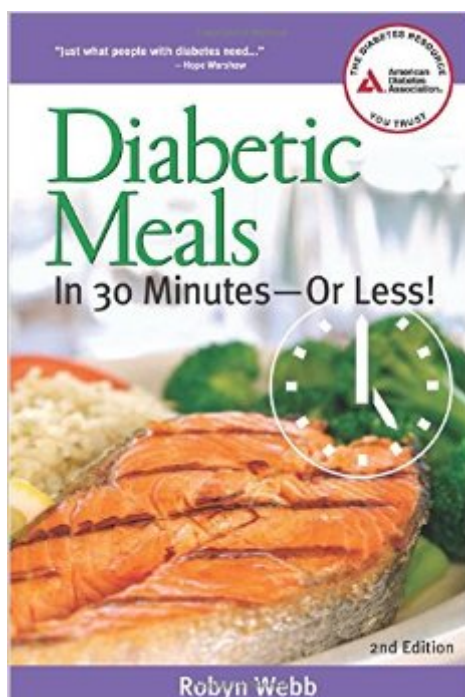


The book was found

Diabetic Meals In 30 Minutes—or Less!



Synopsis

Healthy, diabetes-friendly recipes for people with active lives and busy schedules. Chock full of recipes specifically designed for those with diabetes. Diabetic Meals in 30 Minutes - Or Less! Can get your meal plan on track in no time.

Book Information

Paperback: 173 pages

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Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (102 customer reviews)

Best Sellers Rank: #213,742 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #198 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #256 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I really know of no one who enjoys being on a diet or even having minor dietary restrictions for that matter. It is simply not fun. The best tasting meals, dishes and things all seem to be the ones that are the worse for us. I really, really despise diets, don't like them, not one bit. There is little in this world of food that I like better than a nice juicy cheese burger...go greasy that it drips down your arm when you eat it; loaded with cheese and served with an extra large plate of French fries; yep, plenty of grease. That and a nice chocolate malt...nummers! But alas, the world is not also dished out the way we would like it and all good things come to an end eventually. If you are on a restricted diabetic diet, this book by Robyn Webb and published by the American Diabetes Association can go a long way in making your life more bearable. Now this is not the beginning and end of all diabetic cook books, but it is certainly a nice addition to the arsenal you have available these days. Folks, I know food and I can tell you that there are many, many mighty tasty dishes between the covers of this book. Each of the recipes have of course been kitchen tested (many in our own kitchen). This work also is a wonderful tool in figuring out portion sizes to aid blood sugar management and weight loss. It includes complete nutritional information and official ADA exchanges which is extremely

helpful. Now, I am not one who normally likes quick to fix meals but many times they are simply necessary as we all lead busy lives. I have not tried one of these meals that could not (with a bit of luck and skill) be prepared in 30 minutes or less. The important factor there though is the taste of the food!

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