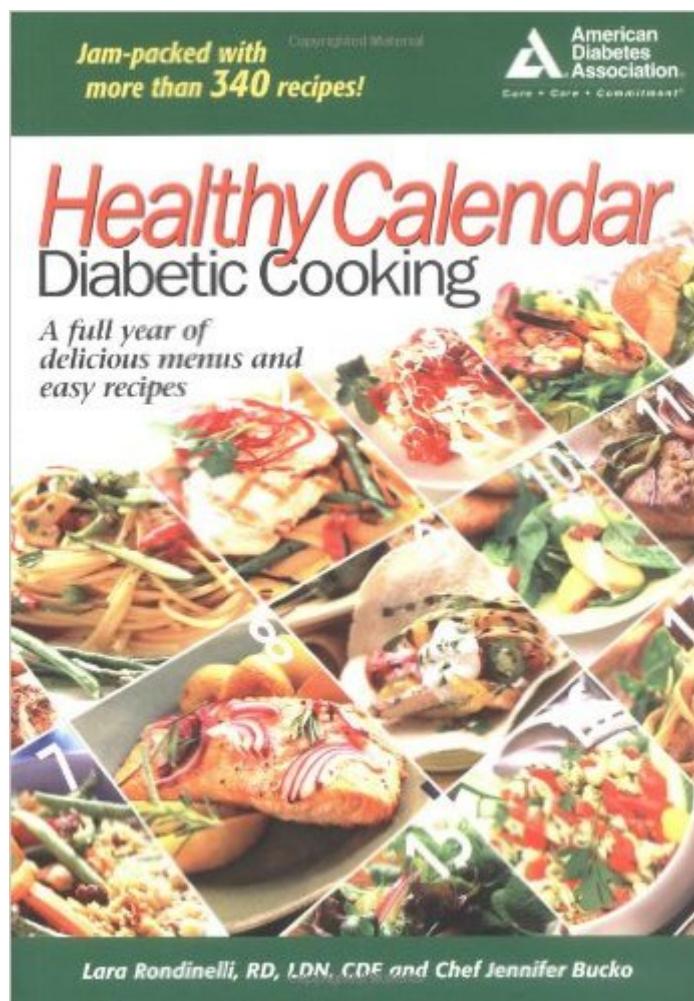


The book was found

Healthy Calendar Diabetic Cooking



Synopsis

A unique cookbook concept featuring month-by-month, week-by-week, and day-by-day meal plans and recipes with dietitian and chef's tips that make it much easier for people to eat healthfully. The menus come with weekly grocery lists that provide quantities for each item so only the items needed are purchased, saving the person time grocery shopping. As an added bonus, each month features reminders of special ADA events and other health-related activities of interest. Recipes include: Turkey and Wild Rice Soup - prepared in just 15 minutes! Chicken Breasts with Raspberry Balsamic Glaze - prepared in 10 minutes! Banana Chocolate Chip Bread - just 3g of fat!

Book Information

Paperback: 460 pages

Publisher: American Diabetes Association; 1 edition (December 14, 2004)

Language: English

ISBN-10: 1580401600

ISBN-13: 978-1580401609

Product Dimensions: 9.8 x 7 x 1 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #875,691 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #623 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #718 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I bought this cookbook when my husband was diagnosed as pre-diabetic. I have been using it now for 4 weeks, and there are some good points and bad. I really like the idea, and having a weekly grocery list pre-prepared is great. Some of the recipes are rather bland, but overall easy. I have found some really good ones too, we especially like the side dish recipes. I do have 2 big complaints: I wonder if some of the recipes were ever tried by the author. For example, the recipe for Greek Lemon Chicken and rice has a marinade for the chicken that is then supposed to be cooked to a boil to use as a sauce, the recipe yielded so little marinade it barely covered the chicken much less left enough over to create a sauce. My 2nd big complaint is there are a few recipes where cooking temperatures and times have been left out. Updated Review 7/30/2010. So we have been using this cookbook I would say 75% of the time for almost a full year, and I stand by my

original review of 3 stars maybe even going down to 2 1/2 stars. I still really like the idea of having a years worth of recipes planned out, with meals and shopping lists organized a week at a time. Taste wise most of the recipes are good, the ones I did not like were more to do with personal tastes and preference than recipe. The side dish recipes are still my favorite. Along with with the sandwich recipes, there is a roasted vegetable sandwich that my husband absolutely loves. Health wise, my husband has dropped from pre-diabetic to a normal blood sugar range. But, he did also take up a very stringent exercise regime of running 3 miles a day, etc. Now for my complaints. As far as meal planning goes, this book has some major flaws.

[Download to continue reading...](#)

Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic

diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)

Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan,

Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic)

Healthy Calendar Diabetic Cooking: A Full Year of Delicious Menus and Easy Recipes Healthy

Calendar Diabetic Cooking Cooking for One Cookbook for Beginners: The Ultimate Recipe

Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick

Cooking, Cooking, healthy snacks, deserts) Diabetes: The Best Diabetic Cookbook - Over 30

Healthy and Delicious Recipes That Will Help You Start Controlling Your Diabetes (Diabetes Food,

diabetes diet plan, diabetic diet books) Diabetes Diet: Eating Guide for Diabetics & Delicious

Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure,

Diabetic Living) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol

Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss

Transformation) (Volume 100) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low

Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight

Loss Transformation Book 293) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a

Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ...

Diet,smart blood sugar,sugar detox Book 4) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy

Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals

(Natural Weight Loss Transformation Book 261) Diabetic Cookbook (A Beginner's Guide):: Quick,

Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol

Cookbook: To Help Prevent and Reverse Diabetic Best Kindle 2012 Calendar and Daily Journal

(1-3 updated) .. Access Google Calendar Too Bowling Mini Wall Calendar 2017: 16 Month Calendar

Polo Calendar 2016: 16 Month Calendar Rice Cooker Recipes - A Low Carb Cookbook - Gluten

FREE & Diabetic Friendly - Low Sugar & 1000% Refined Sugar FREE! 1 Pot Cooking - Cooking for one and ... Own Nutritionist / & more collaboration...) Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2 Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Recipes: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Recipes, Healthy Cooking, Recipe Books, Diets, Cooking, Cookbooks, Diet Cookbooks,)

[Dmca](#)