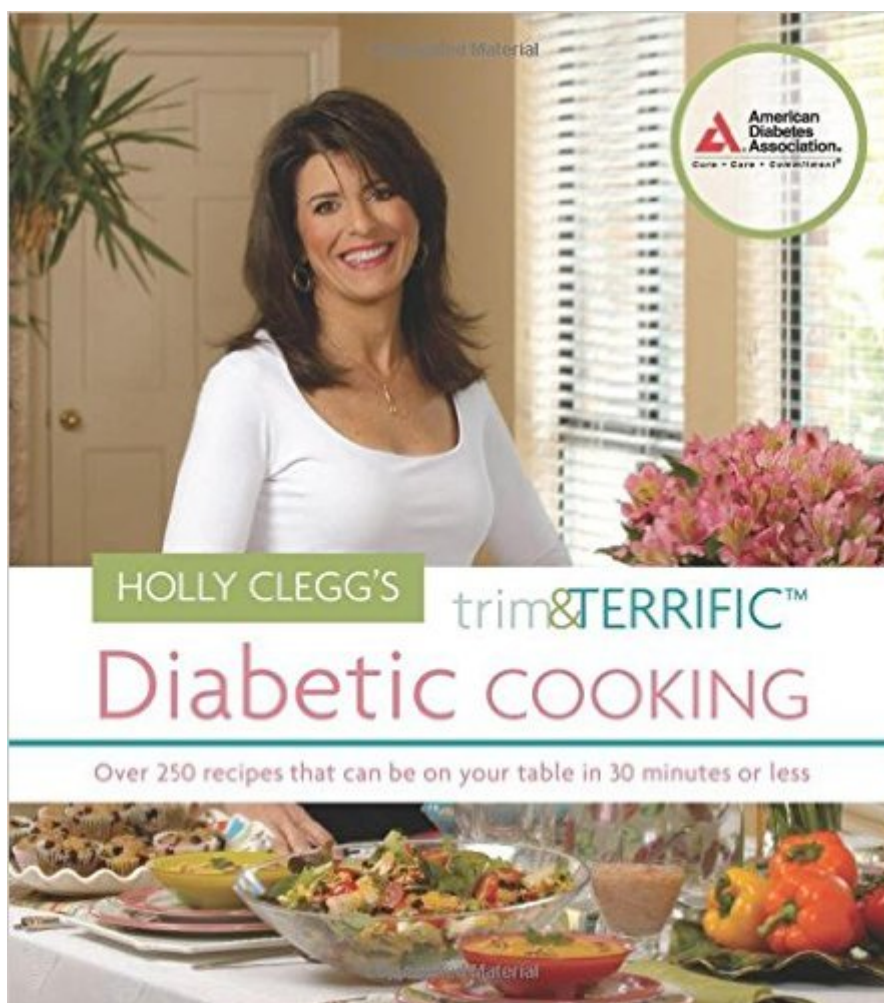


The book was found

Holly Clegg's Trim And Terrific Diabetic Cooking



Synopsis

Hundreds of recipes you'll swear are too good to be good for you! Holly Clegg has created a Trim & Terrific cookbook perfect for people with diabetes. Filled with over 250 diabetes-friendly recipes, it's packed with meals that are quick, easy, and delicious. Forget the hassle of diabetes menu-planning and rediscover the joys of great food. Effortless recipes, great food, and all of it in under 30 minutes or less --it doesn't get any easier than this!

Book Information

Paperback: 319 pages

Publisher: American Diabetes Association; 1 edition (June 22, 2007)

Language: English

ISBN-10: 1580402607

ISBN-13: 978-1580402606

Product Dimensions: 8 x 0.8 x 8.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (37 customer reviews)

Best Sellers Rank: #169,831 in Books (See Top 100 in Books) #19 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #165 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #221 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

I purchased this book because my son's girlfriend is diabetic and I wanted to serve her healthy food for her diet. We fell in love with these recipes. The ingredients are common ingredients you'll probably have on hand, no special shopping for something you've never heard of. The meals go together quickly, simply and taste delicious. I purchased a second copy of this cookbook to give away as a gift. I don't go out of my way to be in the kitchen, but I do have a family and they must eat, so why not serve healthy, simple meals that are delicious to boot? I think you'll like this cookbook.

This is the greatest cookbook I have owned. It has simple, quick, tasty, and healthy recipes. I would recommend it to anyone with little time and wanting to cook healthy meals.

This is the first Holly Cleggs cookbook I have used, but I'll definitely be ordering more. Her recipes

are fresh and delicious. I am borderline diabetic, so careful watch what I cook and eat. Also, I'm a senior citizen and cook mainly for my husband and myself. With Holly's recipes we feel we are getting easy to prepare, healthy nutrition.

I borrowed from library with a pile of other diabetic cookbooks. This one is the best as far as I'm concerned. I continue to try many recipes. Very simple ingredients, simple instructions, quick prep & cook time, and VERY tasty results. I am buying this one NOW!! Great reviews from everyone in the house. Healthy yet TASTY meals!! If she does another book on diabetic/low-carb cooking, I'll buy right away. Highly recommend. Colleen

There are a lot of very good everyday recipes that I can make for my husband who has diabetes. Also, I find the recipes very nutritious for everyone else in the family! Thanks!

My daughter was diagnosed last October with Type 1 diabetes and I've had to revise a lot of my cooking. It has been a challenge, especially having to configure calorie and carb counts in everything I cook. This cookbook is very good in my opinion. Healthy recipes, all nutritional stats included, and oh, my goodness, the Chicken and Sausage Gumbo rocks!! I'm definitely pleased with it.

Holly Cleggs Trim & Terrific Diabetic Cooking This is a terrific cookbook! I have prepared about a dozen recipes from this cookbook so far and have found only one recipe my husband and I did not care for. All the other recipes were delicious and I would certainly prepare them again and again. The recipes are easy to prepare with ingredients I have on hand or are easy to find at the grocery store. My husband who is diabetic has certainly enjoyed my new found love of cooking. I would highly recommend this cookbook to anyone - diabetic or not.

This is a great cookbook for really simple, convenient tasty recipes (as are all of Ms Clegg's books.) She does a great job combining fresh ingredients with a few packaged convenience foods. It's nice to know that there can be a healthy, delicious dinner on the table in 30 minutes (or so). The taco soup is one of our favorites!! I will say that this is not a "natural" diabetes cookbook. Still, I use it frequently and make changes or adaptations to fit it into our organic lifestyle. Cookbooks can be expensive but this one is not and you get a lot of good, usable recipes for your money.

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

Holly Clegg's Trim and Terrific Diabetic Cooking Holly Clegg's Trim & Terrific Gulf Coast Favorites: Over 250 easy recipes from my Louisiana Kitchen Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) 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) Texas Home Cooking: 400 Terrific and Comforting Recipes Full of Big, Bright Flavors and Loads of Down-Home Goodness (America Cooks) 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 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: 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) 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) 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) 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...) As I Sat Under a Holly Tree: For Three Equal Voices, Choral Octavo (Faber Edition) Transplanting Holly Oakwood (LA Lights Romantic Comedy Series Book 4) Trinidad and Tobago: Terrific and Tranquil 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) 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) Stunning Stamping Techniques: 26 Terrific New Techniques for Rubber Stamping Projects Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life