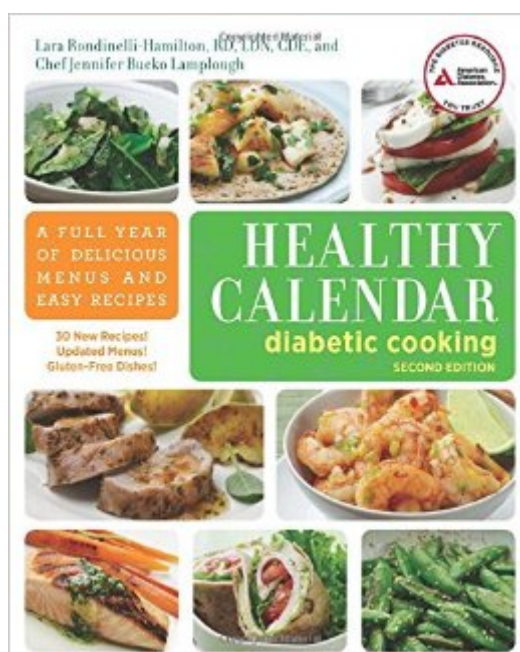


The book was found

Healthy Calendar Diabetic Cooking: A Full Year Of Delicious Menus And Easy Recipes



Synopsis

Fully revised and better than ever, this new edition of Healthy Calendar Diabetic Cooking is packed with new recipes to give cooks with diabetes over a year of delicious, diabetes-friendly meals. Organized around weekly menus and complete grocery lists that are designed to save readers time, effort, and money, this cookbook is a meal-planner and recipe book in one. With hundreds of recipes and an innovative design, it's easy to see why this is one of the American Diabetes Association's all-time best-selling cookbooks. In addition to new recipes and menus, this updated edition includes dozens of recipes and recipe alterations designed to create gluten-free meals. Like many with diabetes, author and dietitian Lara Hamilton was recently diagnosed with celiac disease and subsequently went on a gluten-free diet. Using her firsthand experience, she gives readers expert tips on how to plan meals, alter recipes, and follow a gluten-free diet. This new edition will also include new original photography and a beautiful, two-color interior design, giving the book a beautiful look intended to match the quality of its recipes. With hundreds of recipes, meal-planning tips, and kitchen techniques, Healthy Calendar Diabetic Cooking is one cookbook every person with diabetes should own.

Book Information

Paperback: 480 pages

Publisher: American Diabetes Association; 2 edition (December 11, 2012)

Language: English

ISBN-10: 1580404626

ISBN-13: 978-1580404624

Product Dimensions: 1 x 8 x 10.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (62 customer reviews)

Best Sellers Rank: #91,085 in Books (See Top 100 in Books) #108 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #129 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #430 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

Customer Reviews

I love the idea of this book! How great to have 5 healthy meals a week planned for every week of the year with a weekly shopping list! The recipes appear very tasty and I was excited to begin using the cookbook to eat healthy while simplifying my life! But here is my beef -- the actual meal plans

and recipes are unworkable -- the recipes vary greatly in number of servings, and the calorie counts per day are widely inconsistent. Let's take this week, July week 2 for example. The shopping list assumes I am cooking two recipes the first day, one serving 4 and the other serving 10. The next day serves 6, 7 the next, 7 again, and then 4, with calories per meal ranging from 135 to 485. Does that sound like a good workable plan to you? I am generally cooking for 1, but I can easily divide by a consistent number (like 4). But instead, I must study each recipe and normalize the servings, having to figure out what to leave out or add to have total proper calories and nutrition, and then rebuild the whole shopping list. That is NOT a time saver or simplification. Every week is like that! It is the normal nightmare of trying to cook from any cookbook, only these recipes are not organized by type, but by day of the year. I really like the day of the year approach, but I expected the authors to actually do the normalizing and meal planning as advertised, but they didn't. They just cut up a cookbook and put the recipes in by date. This book could have been PERFECT with just a little one-time effort on their part.

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

Healthy Calendar Diabetic Cooking: A Full Year of Delicious Menus and Easy Recipes Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) 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, desserts) Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) 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) 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) 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) 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) 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,) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Low FODMAP Menus for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet Healthy Calendar Diabetic Cooking Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 VeganRecipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom Diabetes Diet: Eating Guide for Diabetics & Delicious Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure, Diabetic Living) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss Transformation Book 251)

[Dmca](#)