



Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone!

Phyllis Good

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With more than 500 irresistible stove-top and oven recipes for people with diabetes—and everyone else! Each recipe includes its own nutritional analysis and is easy-to-make with readily available ingredients. From the bestselling author of the Fix-It and Forget-It slow-cooker cookbook series and the American Diabetes Association. No need to deprive anyone with diabetes of good food! Cook from Fix- It and Enjoy-It Diabetic Cookbook: Stove-Top and Oven Recipes— for Everyone! and everybody will be happy. This chock-full cookbook offers more than 500 recipes for stove-top and oven, all appropriate for persons with diabetes. What's more—these dishes, with their reduced fats and carbs, are healthy for everyone. New York Times bestselling author Phyllis Pellman Good is back with her signature approach to stress-free cooking. "These irresistible recipes have short lists of ingredients—which are readily available. And the instructions for making each recipe are clear and thorough. These recipes are for cooks who are short on time, and may be short on confidence!" smiles Good. Fix-It and Enjoy-It Diabetic Cookbook comes from a blue-ribbon team. The American Diabetes Association has worked with Good to select the recipes. And they have supplied the Exchange Value and Nutritional Analysis for each recipe. "One more thing to note," comments Good. "These recipes come from home cooks all across the country. They are beloved dishes; the recipes work; the outcomes are already delicious favorites." Who can resist: Mexican Chicken Bake Barbecued Beef Strips Cranberry-Glazed Pork Roast Dried Cherry Salad Stir-Fried Broccoli Crusty Baked Potatoes Frozen Fruit Slush The book includes "A Week of Menus," for those beginning to cook for persons with diabetes, and for those who need refreshing new ideas. Fix-It and Enjoy-It Diabetic Cookbook makes it easy for persons with diabetes to eat as they should. And you can love this cookbook, even if you don't have diabetes. These recipes are for everyone!

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From reader reviews:

Jeffrey Thompson:

Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone!, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its called reading friends.

Alice Ybarra:

This Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone! is great publication for you because the content and that is full of information for you who have always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great arrange word or we can say no rambling sentences included. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but tough core information with attractive delivering sentences. Having Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone! in your hand like having the world in your arm, data in it is not ridiculous one. We can say that no guide that offer you world throughout ten or fifteen moment right but this e-book already do that. So , this is good reading book. Hey there Mr. and Mrs. active do you still doubt which?

Irene Delong:

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