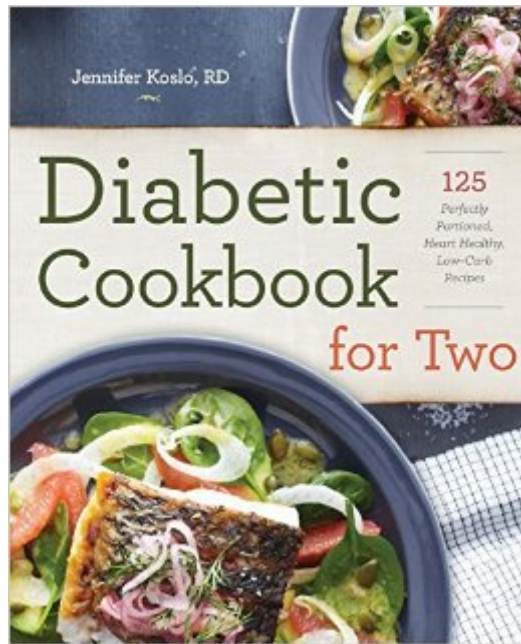


The book was found

Diabetic Cookbook For Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes



Synopsis

Banish bland.....so you can both enjoy dinner. A diagnosis of diabetes for yourself or a loved one can be frightening and overwhelming--especially when it comes to what to put on your plate. But with a few tweaks to your favorite dishes, managing diabetes doesn't have to mean relegating yourself (or your sweetie) to culinary boredom. Diabetic Cookbook for Two offers: 125 recipes tasty enough for anyone to enjoy, regardless of restrictionsÂ Handy nutritional information for all recipes, including carb countsÂ Tips for cooking together and meal planningÂ 10 ingredients to keep on hand for when you need to throw dinner together in a hurryÂ Create super-satisfying, heart-healthy, low-carb meals just for two with Diabetic Cookbook for Two.

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Customer Reviews

I want to be upfront here and say that I am not diabetic. But my mother is diabetic and I am often cooking meals for her and I at the same time. She currently does not take any medication for her diabetes and controls it through her diet. So I am constantly on the lookout for new recipes that are healthy and low carb. Many times a diabetic cookbook relies on the eater to control their diabetes through medication so the meals are not necessarily friendly. I was happy to find this one and try it out. I love the lists!! They give sample meal plans for the week as well as a shopping list which makes it super easy for those who are busy, aren't we all? They tell you the top 10 ingredients to keep on hand which amazingly correspond with things I use on a regular basis. Big thumbs up on that! The other thing I like is that this isn't just a cookbook. They give tips and hints on how to control

diabetes through diet. I love it! So many friends who are diabetic want to rely on medication and eat however they want. This handy guide tells you otherwise. Oh, and the recipes are great. The mini spinach and broccoli quiches are amazing! If you or anyone in your household has diabetes, this is a book you want on your shelf.

This recipes in this book have just been OK. There are lots of gluten free recipes and vegetarian options. Most of them are easy to make and don't require slaving all day cooking dinner (or breakfast or lunch). I like a lot of the breakfast and lunch recipes, however I have tried quite a few of the dinner recipes and I sadly haven't liked any of them yet. I find a lot of these dinners are lacking something, they have flavor but the textures are all wrong for me. It has a section that is supposed to be a replacement for common comfort foods like pizza and macaroni and cheese but they are just not the same and I am finding myself missing regular comfort food a lot. I do like that they use stevia as a sweetener and that there is such a large variety of meal options. I think this book is a good choice for many people because of the variety but it will take some adjusting to get used to this diet and get used to the textures of these meals. I received this book at a discount in exchange for my honest review.***If you can't eat nuts do not purchase this book as almond meal and coconut flour are used quite often.

We are not a diabetic family but we do like to eat and cook healthy. Cooking healthy for me is cutting back on sugar and fat. This book helps me do that since in diabetic cooking they of course leave out the sugar and they cut back on the fat. Diabetes does run in my husbands side of family, so I am also doing it for him and my daughter to keep their chances low of getting type 2. One thing I really found interesting in the book is it helps explain the difference of food exchange and carb counting. It was a very interesting read. I actually learning a lot in this book. The recipes that we tried were very good and we did not miss the sugar at all. I loved the peach pancakes. At first I was not sure about using peaches but they worked great and they tasted so good. Another dish I loved was the Meatless Taco salad. I have always used ground beef in my taco's so finding a healthy way to make it was good for us. I like that the authors have broken down each recipe to show the nutritional value of each meal. That way if you are counting carbs, sugar, fat or calories it is already done for you. I like that i do not have to do that step with this book. If you are looking for a book for someone that is Diabetic this is a wonderful book. My husband Aunt is diabetic and I have shared this kindle book with her. She also stated the recipes were delicious. You can also use this book if you are looking for new healthy recipes. Received this at a discount for review purposes.

It is hard to make good and healthy choices when you are diabetic. There is a lot of conflicting information out there about what is good to eat and what you should avoid once you have been diagnosed with diabetes. Having a cookbook filled with appropriate recipes for diabetics is God send when you first get diagnosed. Each recipe has all the nutritional information you need so you can plan your meals according to your own daily goals. Personally I try and stay under 20 grams of carbs per meal and no more than 60 carbs per day. I have found this to work best for me and I have found tons of recipes in this book that stay within those guidelines. There are recipes for all meals of the day (breakfast, lunch and dinner) as well as snacks and side dishes. One of my favorite recipes is the spicy peanut sauce, and recommend that one highly. I use it as a nutritious and delicious dip for my raw vegetables. If there was one change I would make to this book, it would be to add some pictures of the instructions. I am a visual learner and always appreciate step-by-step pictures to help guide me through some of the more complex recipes. Luckily most recipes are pretty simple though and easy enough to figure out. Overall I really love this book and would highly recommend it, especially to those of you who are newly diagnosed. It is an incredibly valuable tool in keeping your meal plans on track and delicious!

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