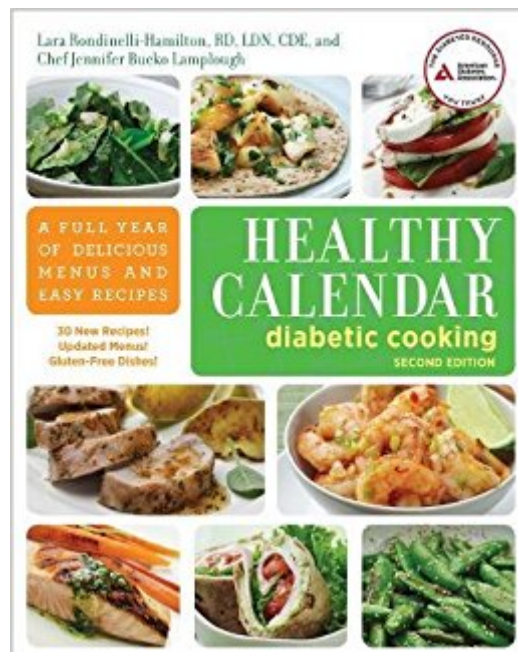




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# Healthy Calendar Diabetic Cooking: A Full Year Of Delicious Menus And Easy Recipes



## 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

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## Customer Reviews

I have the first edition of this cookbook and like it so much I bought this second edition for the updates. I have made numerous recipes in this edition already. I love the layout of the book, done in a week by week calendar format, the book lays out menu plans and even provides grocery lists. For

working people and those who don't have the time or inclination to create a weeklong detailed menu for their family, this is a real time and hassle saver. I have made approx. 120 of the recipes in this and the first edition. They all turned out to be big hits with both myself and my family. Every recipe has been successful, yet I am not a great cook. The recipes are short, concise and easy, yet dramatically flavorful. This cookbook is for diabetics, I am not diabetic, nor is anyone in my household. Someone told me about this cookbook (the 1st edition) a few years ago and noted that eating a diet lower in sugars/simple carbs can benefit everyone looking to eat healthy. So, I tried this cookbook. I use this more often than any other cookbook I own because the recipes lend themselves to everyday meals!

As an RN who is studying to be an FNP, I find it important to be a role model for my patients by being a healthy weight, promoting physical activity, in addition to eating healthy. This cookbook is awesome and the recipes aren't your typical bland "diet" foods.. it has over 17 options for breakfast, several options for lunch and then the recipes for dinners. Each month is broken down by week along with the grocery list. The recipes are then broken down into their nutritional value and servings the recipe makes. What I've done is I've gone through the book and picked out the recipes I want to try and being single, I cook 2 recipes for the week to have as lunch and dinner. It really helps to simplify life. It is also a good method of getting into the routine of eating healthier, the tasty "fried" chicken, turkey meatballs, and spaghetti squash are a few of my favorite recipes from this book.. also, the pretzel strawberry delight is AWESOME! This is definitely a great way of learning how to transform your eating habits into healthy ones!

I like how this book is structured. It bases a lot of the meals around available foods during the season, and even takes into consideration food waste by using foods that you had for the week. One thing for those who might need to know, this only has one meal a day. OK if you are like me and use leftovers, and pretty much eat the same thing every morning for breakfast. If you want three meals a day plans, this is not for you. Comes with the recipes for the plans.

The recipes are very easy to prepare. You can have a balanced meal on the table in 30 minutes. The food tastes very good and it's healthy. I use the index to plan a variety of menus for the week. The book already has the meals planned for you by week along with the shopping list. The recipes take the guess work out for calculating calories, carbs, etc. I am always recommending this book to people that tell me they have just been diagnosed with type II diabetes. I also advise them to check

it out from the public library first to make sure they like the food.

this book has many repeat recipes, with only minor changes....voila, new recipe. It tries to do gluten free, low cholesterol, low carb low calorie. low etc. It would have been better to pick one. Not all. I was not impressed that the recipes looked all that delicious. I was eager to get the book, but after browsing it I am not so eager to use the recipes. Others may have different sensitivities.

Many delicious recipes you can trust for people with diabetes or heart issues. It makes meal planning easy and healthy.

This book has brought a rejuvenation to my task of cooking. I am a 75 year old retired teacher who has made the decision to keep a husband with dementia at home. His meals are prepared at home and since purchasing this book I look forward to shopping each week (with the list provided) in order to make new dishes. He enjoys the variety and with the smaller portions I am beginning to lose a pound or two along the way. We have placed stars next to our favorite recipes. So far his favorite is the Italian Garden Frittata. I had never used egg substitute before...or tofu. I can't wait to try more recipes.

I bought the first edition years ago, and it quickly became my favorite "healthy cooking" cookbook. It makes meal planning and prep so much easier and my whole family enjoys the meals. I just downloaded the Kindle edition of the second edition and love the addition of healthy breakfast and lunch ideas. The only thing I don't like about the e-book is that you can't adjust the font much because all the text boxes throughout the book greatly limit the room for text to fit on the page. While the text boxes are an appealing feature in the hard copy, they become annoying in the electronic version.

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