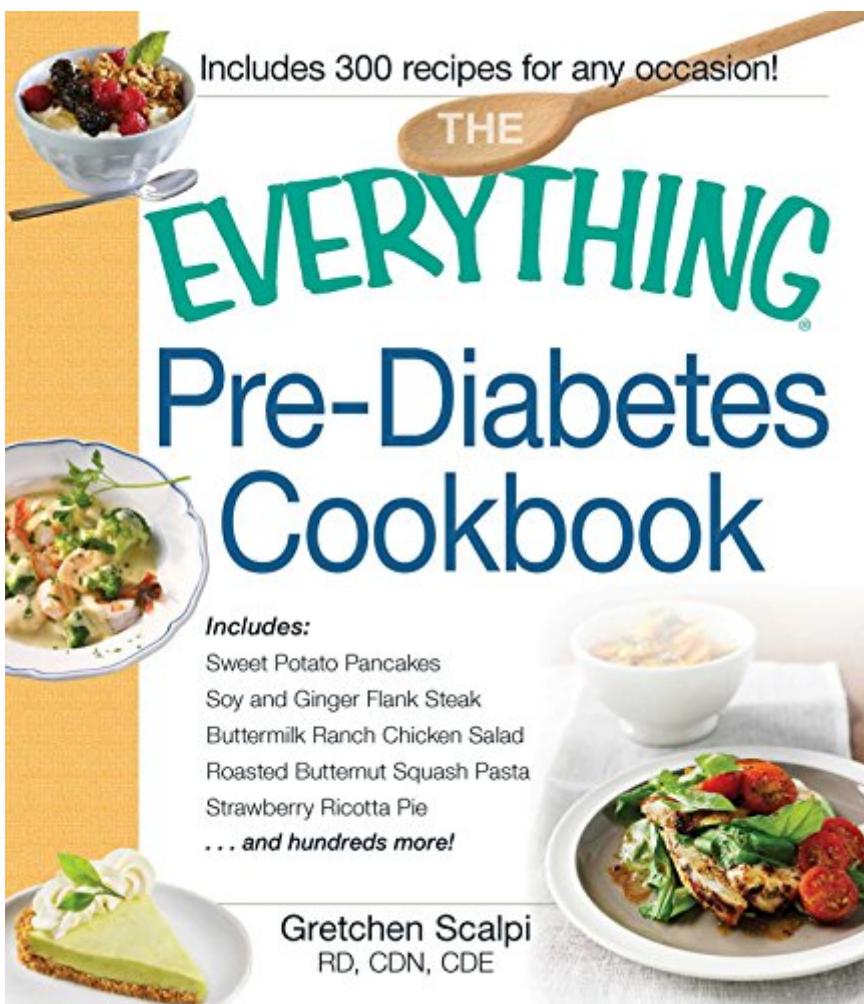


The book was found

The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy And Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut Squash ... Pie ...and Hundreds More! (Everything®)





Synopsis

The delicious way to reverse your diabetes risk!A diagnosis of pre-diabetes doesn't mean that diabetes is inevitable. Changing your diet and activity level can help you avoid type 2 diabetes altogether. In The Everything Pre-Diabetes Cookbook, you'll find more than 300 recipes for delicious, healthy meals the whole family will love. Also included is a 10-week diet and exercise plan that will help you lower your diabetes risk.Registered dietitian Gretchen Scalpi has compiled 300 meals that are as tasty as they are healthy, including:Berry puff pancakesFresh baja guacamoleChipotle chicken wrapStir-fried ginger scallops with vegetablesHomemade macaroni and cheeseRich and creamy sausage-potato soupChocolate cheesecake mousseCranberry pecan biscottiArmed with this expert guide, you can recognize your unhealthy eating habits, find new healthier ways to prepare your favorite dishes, and stop diabetes in its tracks!

Book Information

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Customer Reviews

after the shock of being diagnosed as pre diabetic, this book was a life saver both mentally and

physically. I could eat a lot of foods that I thought would be forbidden. recipe directions are straight forward therefore basically quick to put together. I will be using this book a lot!

Very nice cookbook. Hard to find cookbooks for Pre-Diabetics.

Since I was just diagnosed I have been looking for a book just like this one. Clear, honest with a mix of valuable information as well as the recipes.

This is a very good book for a person who has no idea how to deal with Pre-Diabetes. The recipes are mostly easy and tasty.

Great cookbook. Contains healthy recipes that anyone would enjoy.

I love this cookbook. There were a few recipes I didn't care for, but all in all, it is a good book. I use it at least twice a week.

Arrived as promised. Sent as gift.

Wasn't a very good guide. And recipes, so,so. Found better help on you tube

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