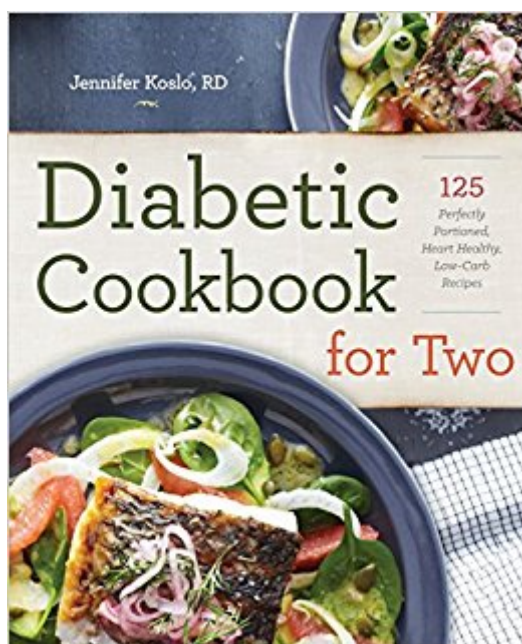


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# Diabetic Cookbook For Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes



## 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 restrictions  
• Handy nutritional information for all recipes, including carb counts  
• Tips for cooking together and meal planning  
• 10 ingredients to keep on hand for when you need to throw dinner together in a hurry  
• Create super-satisfying, heart-healthy, low-carb meals just for two with Diabetic Cookbook for Two.

## Book Information

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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 is a great book for those struggling with managing diabetes and eating flavorful foods. The general assumption is diabetes and delicious do not go together, wrong! This book shows wonderful recipes with nutritional info and portion control so you can't really mess anything up, it's super simple and super tasty. Some items may be harder to find than others like almond flour and yes, more expensive but when it comes to your health do you want to skimp? This book teaches you all about diabetes and how to re-think what you know and what you hear. It has tons of great information that will help you not only cooking but generally in life too. You can tell the author put in a lot of thought and care. The recipes themselves are a variety of ethnicities, flavors and textures that are sure to please. They are healthy and easy to make, some are ingredient heavy or spice heavy but once you buy a bottle of paprika you will have it for a while since you really do not use much at a time. I really liked the descriptions and instructions, they were clear and concise. I only wish there were more pictures so I can really get a feel for what I am cooking. Besides that this was a fantastic book to use and I can't wait to make more things! Note - I have received this item in exchange for an honest review.

The portions are actually quite generous here, and the use of lots of different spices make the recipes very tasty and not so monotonous. I just enjoyed sitting down and reading through at first, then went back and "bookmarked" (Kindle Gal here....) the ones I want to use first. My faves are the "packet meals" and all the yummy roasted veggie recipes. I have a veggie-hater in my house. ("I don't eat green food!!") But we're both gobbling up the roasted veggies from this book. I highly recommend it.

I am not a diabetic, but this cookbook would be great for a person who is. It gives the reader ways to cook in the healthiest way. For instance they can cook by baking, broiling and grilling, poaching, roasting, sauteing, stir-frying, and steaming. Diabetics need to plan ahead and make meals and snacks to avoid eating unhealthy foods. Exercise is a must to keep the diabetes in check. Not exercising can lead to more problematic issues down the road. Next are the delicious recipes. From breakfast to dinner these recipes are easy to make and look delicious too! Great cookbook overall. I

received this book for free in exchanges for my honest and unbiased review.

If you or someone you love is Diabetic then this cook book is for you ! This cook book is for the two of you ! Because this cook book shows you how to cook the right foods with just the right portion size to eat ! To help maintain you diabetes through eating all the good foods you need to eat ! You'll find recipes for cooking veggies and meats and even find some great desserts in here as well ! I would totally recommend getting this cook book ! These are my own words Received the book as a promotion In return for my honest review

I'm not diabetic, but I love cookbooks for two people. I was very pleasantly surprised with this cookbook, there were so many recipes I was interested in despite not having diabetic dietary restrictions. They are just good, healthy, tasty recipes! There is a lot of info in the front of the book about what to do after being diagnosed, basic nutritional info, etc, but I skipped that since it doesn't apply to me. It does look like it would be helpful, it even includes tips on what to stock in your pantry. I think this is a great cookbook for any diabetic (or non-diabetic!) but especially for someone newly diagnosed who is confused about what to eat and overwhelmed at the thought of giving up favorite foods. These recipes are so appetizing that you don't feel like you are missing out on anything! I love the Black Bean Breakfast Burrito, Broccoli Tofu Stir Fry (there's a whole section of vegetarian entrees!) and baked avocado and egg. The only thing missing is a dessert section. I received this book for free in exchange for my honest review.

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