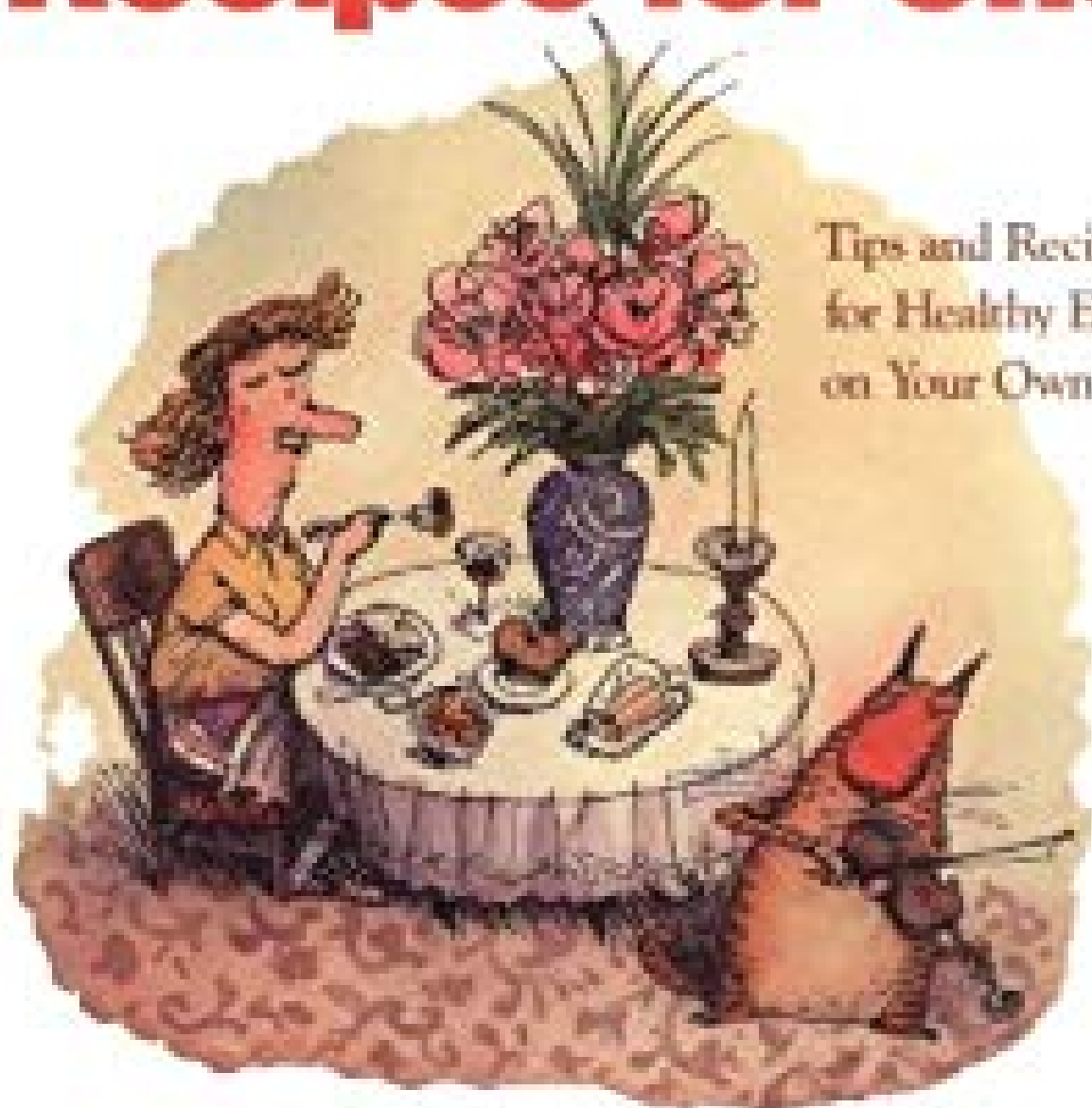


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Quick & Easy **Diabetic** **Recipes for One**



Tips and Recipes
for Healthy Eating
on Your Own

With helpful tips on meal planning, shopping, food preparation, and storage



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Kathleen Stanley

Quick & Easy Diabetic Recipes For One



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A common problem for people with diabetes is finding healthy, great-tasting recipes first person. Quick & Easy Diabetic Recipes for One solves this issue with more than 100 tempting, easy-to-prepare recipes.



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Not so Quick rather than so Easy Lots of fine recipe. The pantry list consists of mainly high carb/high sodium products: sugar free is not the same as low carb!! Many require that you buy several seasonings and etc. for your cabinet before you can even begin cooking. And the nourishment panels say nothing about potassium which helps overcome some of the sodium intake. Also, if you count carbs this book isn't for you. Hardly any recipes have the carb count but make use of calories or another scale that uses "servings" without identifying just how many carbs are in the serving. Cooking For One COULD BE A Real Headache! So far so good. I was raised on meat and potatoes. Which means this is a mainly impractical cookbook for diabetics that may have your fridge and freezer full of leftovers. Plenty of carbs in the dietary plan. Fresh fruits and veggies were not always designed for safe consumption. The elderly often have many reasons not to prepare for themselves, counting on fast foods when they have to change old practices and eat even more healthfully.. Recently diagnosed I instantly went looking for recipes and found this cooking for one. Seniors take notice! A big thumbs-up for this one! Five Stars Just what we need. Since many older adults deal with diabetes and many of them cook for just one person, this book helps to make a substantial life change simpler to manage. Therefore this is merely what I required. The dishes are easy and tempting making this guide really useful for seniors and other people who live alone. A few of the recommendations are about setting your table, use paper plates and other such. Such a market will typically have small servings of everything available (student fridge space can be always little) and because most university sportsmen watch their diet they will have the very best selections of low carbohydrate, high potassium, low sodium items including meats that have not really been injected with salts, sugars and other chemical substances. diabetic or not. Switch can be fun and tasty too! Save your valuable money - the tested recipes aren't always for just one and they'll produce lots of leftovers :? I hate leftovers! My tip for an individual with diabetes is definitely to live near a university with a health grocery nearby. And do anticipate a ton of leftover apples and other fruits in your fridge. Some of the recipes are actually high carb therefore most diabetics will end up on insulin if they eat them. One will do better by investing in a paleo or low carb cookbook. There exists a small paragraph about breaking the salt habit but lots of the recipes call for high sodium soups or additional products! Five Stars good book! I have yet to be able to cook among the recipes. The actual fact this recipe book focuses on fast and simple recipes helps it be indispensable, however the added bonus of experiencing recipes for one is nothing brief of amazing. Many require more time to prepare than what I acquired expected. All the recipes require that you buy at least one seasoning you do not have on your own kitchen cabinet. Also low fat may be high carb!! Lived in foreign countries and Mother baked our bread. It might be helpful unless you live alone but involve some additional people around to consume the various other 3/4 of an apple and so forth. No tips about how to proceed with the leftovers except to consume them for lunch time the next day or to stick them in the freezer.. Really!!! In today of environmental enlightenment??? The publisher claims this book will help with meal planning - no it will not! Also claimed is full nutritional analysis - nope, not really!! Typical dishes have got over 40 g carbohydrates per serving - some are way over that. Four Stars good Five Stars Nice Three Stars It is ok but not what I was looking for at all...a day's worth in a single small serving at one food. Therefore beware. This book carries the American Diabetic Assoc seal but, like their other cookbooks, they are mostly useless and conjured up by somebody instructed by MDs with no knowledge of nutrition. Don't expect any photographs or purchasing lists or meal programs and menus in this cookbook.. Can I really eat that? Some of the recipes in this publication have way too much sugar in my opinion. Satisfying meals for singles Bought this diabetic quick and

easy cook-book for senior sister who does not like to cook any more and provides several dietary restrictions, which makes it difficult to make interesting and healthy meals for just one. As a diabetic, I don't eat things which have a lot more than 20 grams of sugar plus some of the dishes have substantially more than that. This publication does the trick and she loves it. Diabetic Recipes for just one Now that I am accepting the challenge of managing my diabetes properly, this book is a genuine gem. Also no information about vitamins is provided. I'm not crazy about leftovers and space in my own refrigerator is at reduced, which means this little book will see a long lasting place in my own kitchen. It is also seldom that recipes come out just as portrayed in the book, but that is the case up to now. I ordered this publication for a friend, who was recently identified as having diabetes. It is good to have help food preparation for one or two people! I have never been a lot of a cook, but it was nice to locate a recipe book for one person, vs many people. I also found another book with 30 days of meals where the pages were split into three sections where you can mix and match everything you are interested in eating... Four Stars The recipes are wonderful. And one of the dishes has a sodium content material of nearly 2000mg. She enjoyed it so much that I ordered one for myself (and I'm not diabetic) and she ordered another copy on her behalf brother!!



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