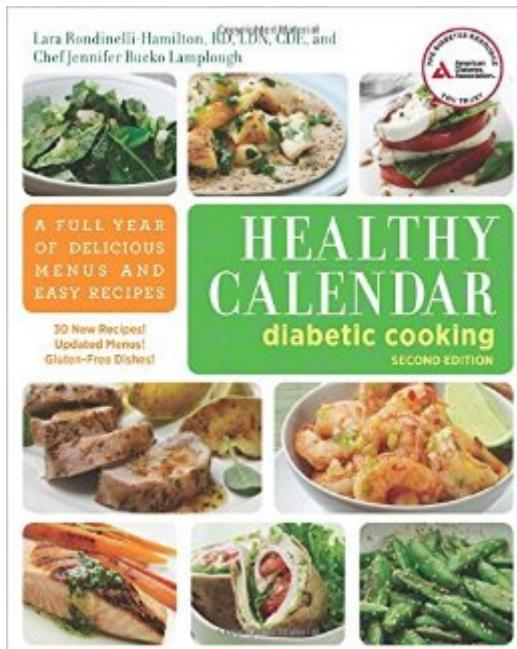


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# Healthy Calendar Diabetic Cooking: A Full Year Of Delicious Menus And Easy Recipes



## 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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Average Customer Review: 4.5 out of 5 stars See all reviews (62 customer reviews)

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## Customer Reviews

I love the idea of this book! How great to have 5 healthy meals a week planned for every week of the year with a weekly shopping list! The recipes appear very tasty and I was excited to begin using the cookbook to eat healthy while simplifying my life! But here is my beef -- the actual meal plans

and recipes are unworkable -- the recipes vary greatly in number of servings, and the calorie counts per day are widely inconsistent. Let's take this week, July week 2 for example. The shopping list assumes I am cooking two recipes the first day, one serving 4 and the other serving 10. The next day serves 6, 7 the next, 7 again, and then 4, with calories per meal ranging from 135 to 485. Does that sound like a good workable plan to you? I am generally cooking for 1, but I can easily divide by a consistent number (like 4). But instead, I must study each recipe and normalize the servings, having to figure out what to leave out or add to have total proper calories and nutrition, and then rebuild the whole shopping list. That is NOT a time saver or simplification. Every week is like that! It is the normal nightmare of trying to cook from any cookbook, only these recipes are not organized by type, but by day of the year. I really like the day of the year approach, but I expected the authors to actually do the normalizing and meal planning as advertised, but they didn't. They just cut up a cookbook and put the recipes in by date. This book could have been PERFECT with just a little one-time effort on their part.

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