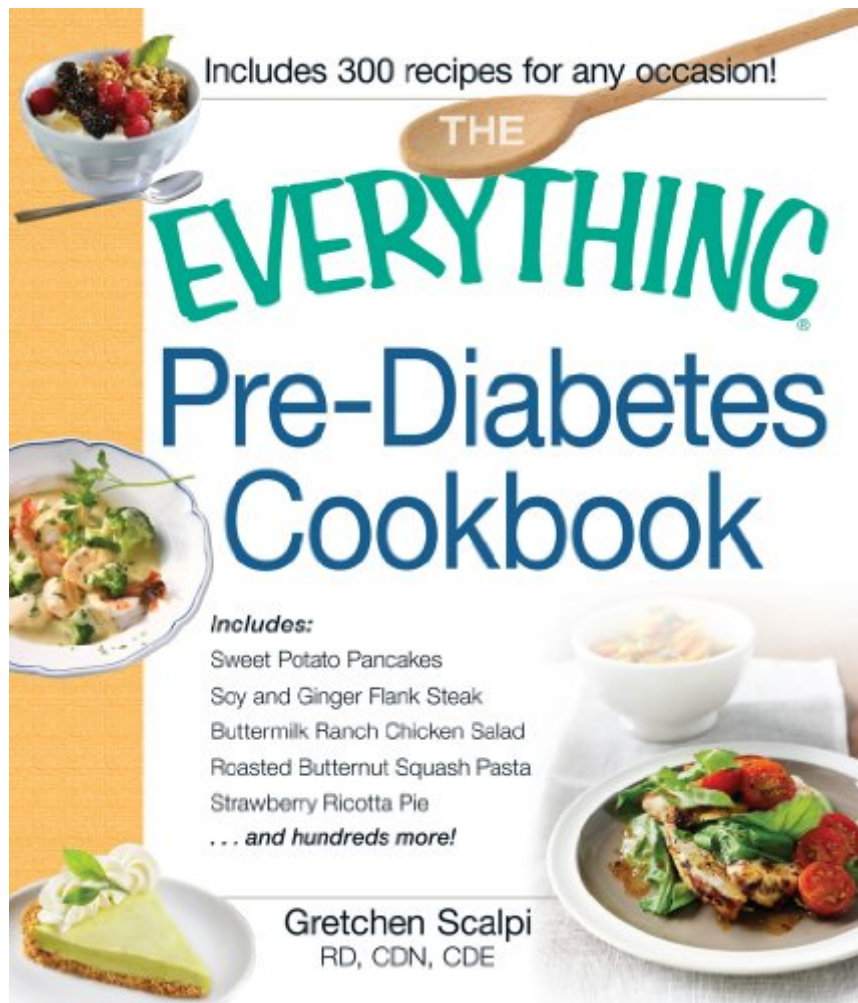


The book was found

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 pancakes Fresh baja guacamole Chipotle chicken wrap Stir-fried ginger scallops with vegetables Homemade macaroni and cheese Rich and creamy sausage-potato soup Chocolate cheesecake mousse Cranberry pecan biscotti Armed 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

Usually when I find a cookbook there are only a few recipes I would even try. I would probably try all of these. They all look so good!

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!

Gretchen Scalpi is amazing! For those of you who have just received a diagnosis of "pre-diabetes", Gretchen will answer your questions and give you amazing recipes to help lower that glucose count!

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.

I have used many of the recipes and haven't found any that I don't like yet!

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

I'm not a diabetic (or pre-diabetic) but was looking for a way to plan meals and menus to reduce my glycemic load. This book did not really offer any help. It advised working with your doctor or a nutritionist. If I did that then I probably wouldn't need the book as I have already heard most of the information in it .

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.

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