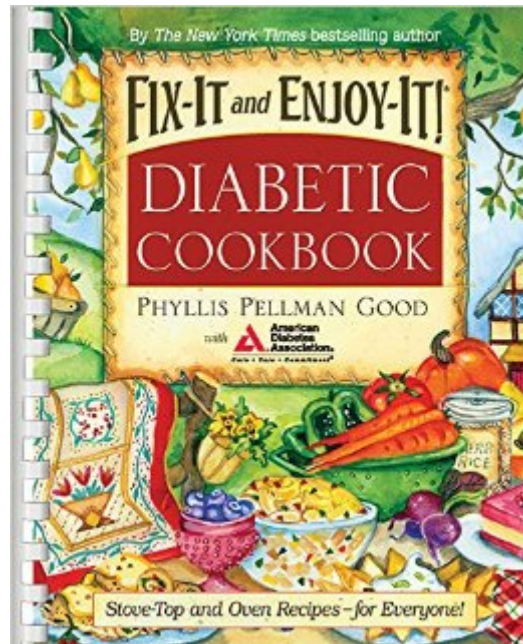


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# Fix-It And Enjoy-It Diabetic: Stove-Top And Oven Recipes-For Everyone!



## Synopsis

No need to deprive anyone with diabetes of good food! Cook from Fix-It and Enjoy-It Diabetic Cookbook: Stove-Top and Oven Recipes; for Everyone! and everybody will be happy. This chock-full cookbook offers more than 500 recipes for stove-top and oven, all appropriate for persons with diabetes. What's more; these dishes, with their reduced fats and carbs, are healthy for everyone. New York Times bestselling author Phyllis Pellman Good is back with her signature approach to stress-free cooking. "These irresistible recipes have short lists of ingredients; which are readily available. And the instructions for making each recipe are clear and thorough. These recipes are for cooks who are short on time, and may be short on confidence!" smiles Good. Fix-It and Enjoy-It Diabetic Cookbook comes from a blue-ribbon team. The American Diabetes Association has worked with Good to select the recipes. And they have supplied the Exchange Value and Nutritional Analysis for each recipe. "One more thing to note," comments Good. "These recipes come from home cooks all across the country. They are beloved dishes; the recipes work; the outcomes are already delicious favorites." Who can resist: Mexican Chicken Bake Barbecued Beef Strips Cranberry-Glazed Pork Roast Dried Cherry Salad Stir-Fried Broccoli Crusty Baked Potatoes Frozen Fruit Slush The book includes "A Week of Menus," for those beginning to cook for persons with diabetes, and for those who need refreshing new ideas. Fix-It and Enjoy-It Diabetic Cookbook makes it easy for persons with diabetes to eat as they should. And you can love this cookbook, even if you don't have diabetes. These recipes are for everyone! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

I am a newly diagnosed diabetic so I was more than a little afraid about what I was going to be eating. I thought that flavoring food meant throwing a lot of salt in it. This recipe book has been a god send to me. I have been cooking out of it for 3 weeks now, making one meal a day from it at least, and have loved everything. The meals are so flavorful. One thing that I don't like about this book is that there are no pictures of what the finished product should look like. I didn't take a star out of that though since the recipes are so amazingly easy to follow. Not to mention that they are simple recipes that even a novice cook can easily pick up. Believe me, I am a novice cook! Another important thing in these days is budget. So many of these cookbooks want you to go out and buy exotic things. This isn't the case with this book. My grocery bill has actually gone down. I just sit down and decide what I am going to have for dinner eat night for two weeks and then write down everything I'm going to need. A good number of times the recipe calls for things that I have on hand anyway. And sometimes the recipes even call for a lot of the same ingredients. I'm rather shocked that anyone has been disappointed with this book so far. With the nutritional facts and portion sizes broken down for me already, I don't fear what I am eating so much. For someone newly diagnosed with diabetes, eating is a scary thing. This has really helped me to learn all about portions and how to really ENJOY the food I am putting into my mouth.

I've found this cookbook to have lots of delicious recipes that help me maintain my bloodsugars at a proper level and please my choosy tastebuds too. I'm not too interested in labor-intensive recipes so I have found many choices within these pages that I can put together easily and still find wonderfully tasty. I am also one of those rare diabetics that doesn't tolerate some artificial sweeteners well, and

this book has given me lots of recipe choices that don't involve artificial sweeteners, another big plus for me. But one of the biggest plus points of this cookbook is the number of recipes in lots of categories so each cook has multiple choices to try. It is easy for me to recommend this book to any diabetic or to anyone who wants to eat a healthier diet. Enjoy!

Nicely organized cookbook. Not hard for the newly-diagnosed diabetic to follow. Has good info in it for the diabetic, and what recipes we've tried so far have been tasty. Wish it had pictures of the prepared food, though.

I like this cookbook because it is not only for diabetics but it has recipes that the whole family can enjoy this means no cooking two separate meals. The recipes are also easy and quick for those of us who are working families.

If you think diabetic friendly recipes can't be tasty you should try some of these! Plus, the ingredients are foods/seasonings you have in your pantry anyway...not a lot of 'hard to find' ingredients. Great tips for a healthier "diabetic" lifestyle as well! Great book in my opinion.

I was recently diagnosed with Type II diabetes. Recently, the powers that be have changed the view on how to eat. I have found lots of books, but was finding that the nutrition information was way behind the times. I had seen a recipe from the Fix-It and Forget-It Diabetic book on a blog and it was wonderful. I had to have the book. I thought I was ordering that book, the Fix-it and Enjoy-it Diabetic Cookbook is what arrived. It was my mistake, but WOW am I glad I made that mistake. I just LOVE this book and already have picked out a list of recipes to try and thankfully all are within my new diet restrictions. I have since ordered the one for the slow cooker as well.

I am not a diabetic but really love the cookbook. Really great tasting meals and health at the same time.

I used this cookbook to make my family dinner when my mother, who has diabetes, visited. The recipes are healthy and great tasting.

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