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# Lickety-Split Diabetic Meals



## Synopsis

Let Zonya Foco be your guide as you learn how to save time, eat smart, and lose weight. With over 175 recipes, Lickety-Split Diabetic Meals features meals that can be prepared in minutes, and each recipe includes a healthy tip to help you save time, exercise better, and eat right. Lickety-Split Diabetic Meals is a one-of-a-kind resource - part cookbook, part meal planner, and part self-management guide. Learn how to change the life you have into the life you want!

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #407,916 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #348 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #401 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

First, let me say that I have really enjoyed my original "Lickety Split Meals" cookbook. So when I saw that there was an updated version I decided to order one for my mom's birthday back in February. I also decided to get an updated version for myself and happened to be offering a special "buy both" price for "Lickety Split Meals" and "Lickety Split Diabetic Meals" which had to be pre-ordered for its August release. Since my dad had just been diagnosed with diabetes, and his birthday is in August, I jumped on the offer thinking how great it would be for him to have a cookbook geared especially to diabetics. Well, after waiting six months I just got the cookbook and I am SO sad and disappointed because it has the EXACT SAME recipes and tips as the regular "Lickety Split Meals" cookbook!! The only difference is the cover and the addition of about 5 tips. It would be senseless for me to give this book to my dad since it is really no different than the one my mom already has. Why decided to offer these books together, I will never know. My advice: If you already own "Lickety Split Meals" don't waste your money on this.

The writer of the first review is correct; the recipes for these two books are nearly the same except that the American Diabetes Association has evaluated Lickety-Split Diabetic Meals and posted nutritional and exchange /choice information along side each recipe --- to ensure it meets ADA guidelines for people with diabetes. People with diabetes depend on this additional information to manage their glucose levels and to plan & prepare their meals. If you have diabetes or have a family member who does -- you'll want to purchase Lickety-Split Diabetic Meals. Foco is a registered dietitian and a certified health and fitness instructor

I have never planned meals before; I've always just cooked whatever I had on hand. But this cookbook has helped me learn to meal plan and shop for only items I need for the week. I have been using this cookbook exclusively for 12 weeks now, and we love the meals. My whole picky family is eating each night and looking forward to what is being cooked. We discuss which of that weeks meals they would like to see again and I make notes on that recipes page. The spices and veggies in the dishes really give everything great taste and help fill you up without the extra carbs or fats. With the "15 minute meals" and "30 minute meals" sections, even on busy nights I can have something ready to eat quickly. My diabetes is doing much better with these meals and the exercise Zonya (author) encourages you to do. She has even included exercise ideas for you to get out and do while the dish is baking.

Yes, the recipes are the same as her original edition, modified for Diabetic preparations & they are still fabulous! Zonya has a way of walking you through the meal preparations that allows you to come home have crazed from a busy day & still put up a terrific meal, lickety-split. Now, if you have the original book, as I do & prefer to adjust the recipes, you could certainly do that. However, if you are busy, as I am, having it done for you is indeed a gift from Zonya. Why not buy the new version and introduce a friend to Lickety-Split Meals? There are a few more tips in the Diabetic edition and those are simply genius. Buy IT!

Who has time in today's world for meals that take 2 and three hours to prepare - this book has recipes that are easy and quick to prepare, not to mention delicious. With my families lifestyle always in hurry-up mode this book is exactly what we needed. The book is full of recipes that take the guesswork out of preparing meals for diabetics and I love the many informative tips located throughout the pages. A great book for anyone caring for diabetics - highly recommended!

This cookbook calls for a lot of canned meats. Not too many recipes made from fresh meat. I like the fitness tips etc it has throughout the book to make it a well rounded weight loss solution.

I bought this book to learn to cook healthy but yummy meals for my diabetic beloved and it is my favorite of all the diabetic cookbooks I have purchased. The author presents the recipes in a clear and easy to follow manner and the nutrition/diabetic exchange information is very accessible. Many of the meals are very simple and easy to prepare with items that can be kept stocked in the pantry (including a helpful list of items to keep on hand), making it convenient to whip up something healthy with minimal preparation. Quick tips for healthy lifestyle changes are interspersed between the recipes and are presented in an entertaining and enthusiastic way that make them less intimidating and preachy than those I have encountered in other diabetic cookbooks. Our favorites are the homemade turkey sausages, breakfast casserole and breakfast cookies, all of which have become staples in our household. The plastic ring binding is great for keeping the book open to the page you are using while cooking. I highly recommend this cookbook.

Let Zonya Foco be your guide as you learn how to save time, eat smart, and lose weight. With over 175 recipes, Lickety-Split Diabetic Meals features meals that can be prepared in minutes, and each recipe includes a healthy tip to help you save time, exercise better, and eat right. Lickety-Split Diabetic Meals is a one-of-a-kind resource - part cookbook, part meal planner, and part self-management guide. Learn how to change the life you have into the life you want

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