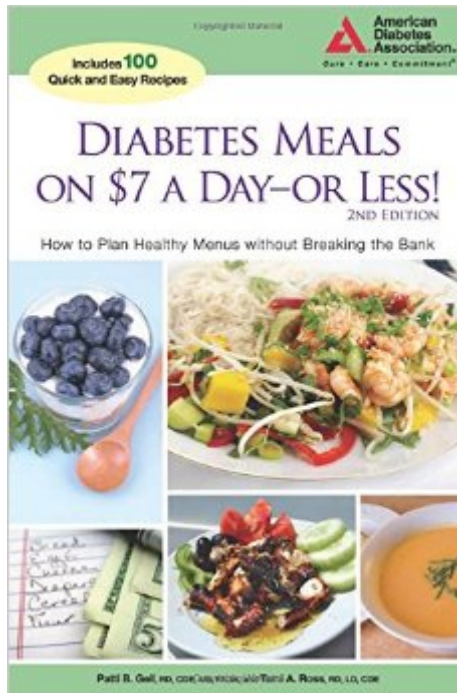


The book was found

# Diabetes Meals On \$7 A Day—or Less!: How To Plan Healthy Menus Without Breaking The Bank



## Synopsis

Would you believe it if someone told you that you could eat healthy, tasty, diabetes-friendly meals on just \$7 a day? It sounds impossible, but it isn't. You can save money without sacrificing what's most important to you: a healthy variety of great-tasting meals that fits any diabetes meal plan. Authors Geil and Ross give you a slew of new, low-cost recipes, complete with cost-per-serving and nutrition information, and useful tips to help you navigate the grocery store shelves.

## Book Information

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Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #910,837 in Books (See Top 100 in Books) #77 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #403 in [Books > Cookbooks, Food & Wine > Cooking Methods > Budget](#) #646 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

## Customer Reviews

This is a cookbook of great everyday recipes. My family is kind of meat and potatoes and doesn't like that "gourmet" stuff most cookbooks have. The peach cobbler, apple crisp and chicken and dumplings are awesome and fairly simple to make. You might have to start out buying some of the lower fat or sugar substitute ingredients but most of the ingredients are regular pantry items. I definitely recommend this book if you are looking for some healthy recipe alternatives to old fashioned cooking. I usually buy a cookbook, use it once or twice and it winds up on a shelf, but not this one. I use it at least once a week and sometimes 3 or 4 times.

I am taking a class for diabetics and the registered dietician (who is also a type 1 diabetic) highly recommended this book. She has it herself and uses it a lot. I will be ordering this one. The other thing she said was that everyone in the household should be eating the same meals- not to fix separate meals for the diabetic person while the rest of the family eats the less healthy fare.

Saw this book in USA Today and ordered it because the recipes and menus looked simple, inexpensive and delicious. I haven't been disappointed! Especially liked the market basket makeovers and shopping tips.

Since Mary lives in a different state we've just been able to discuss the book over the phone and, although she is not likely to do everything the author suggests, she says there are worthwhile recipes and ideas here that she will incorporate into her new lifestyle.

I really liked this cookbook...the recipes are easy to prepared and the ingredients are the ones you already have at home!

I gave this to a friend who was recently diagnosed with diabetes. she wanted to make sure she was eating the right way. She said she loves the book and it has helped her out so much!

I am a nursing student leading a Diabetic Peer Support Group in Tacoma for persons with disabilities living on limited budgets. This is a great resources that I have been using for recipes, shopping tips, and eating on a diabetic diet for cheep. My class has really liked the meals that we have made together.

I like the recipes. I wished it had more daily meal plans. I like that they use everyday items. It will put us on the right tracj

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