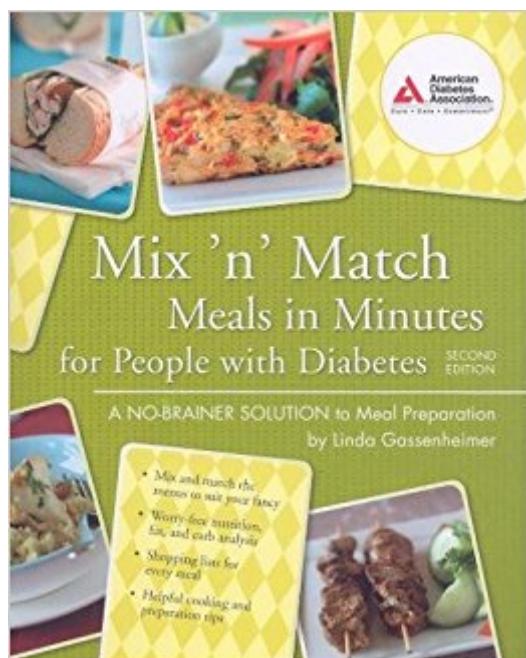


The book was found

Mix 'n' Match Meals In Minutes For People With Diabetes: A No-Brainer Solution To Meal Preparation



Synopsis

Don't settle for flavorless foods just because you're busy. Let Mix 'n' Match Meals in Minutes take the stress out of meal planning. This new edition offers an assortment of breakfast, lunch, and dinner recipes for people who need entire meals planned in a snap, along with an all-new section on speed meals that spice up any meal plan with healthy and hearty meals you can prepare in minutes. All recipes include a complete grocery list.

Book Information

Paperback: 248 pages

Publisher: American Diabetes Association; 2nd ed. edition (December 11, 2007)

Language: English

ISBN-10: 1580402895

ISBN-13: 978-1580402897

Product Dimensions: 7.6 x 0.6 x 9.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 15 customer reviews

Best Sellers Rank: #415,868 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #339 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #389 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Linda Gassenheimer is a syndicated food columnist, radio host, author, and chef. She has five award-winning cookbooks, a Dinner in Minutes newspaper column distributed to 400 newspapers nationwide, and has appeared on Good Morning America and the Food Network.

Excellent book. Contains meal ideas, the recipe, and a shopping list. Very helpful! Well done!

I have several of Linda's cookbooks. She puts together nutritional meals that are very tasty. She also lays out meal plans with the recipes and shopping lists taking the work out of meal planning. I no longer have to try to put together a variety of meals and try to determine if they are healthy. Linda has done all the work for you. The best part is it makes losing weight easy!

The ONLY MIX AND MATCH thing about the book is 4 pages in the introduction of the book that list

all the recipes in a weekly breakfast dinner lunch diagram. Otherwise the 4 pages it is a REGULAR COOKBOOK for diabetics. The ONLY other cool thing is that it does have a shopping list for each recipe. You could say, I'M NOT TOO IMPRESSED.

All recipes are quite simple and surprisingly quick to make. Most meals can be made in 20 minutes or less. The best part is each recipe feeds only two people, which for us means no leftovers and that makes portion control a cinch. It doesn't matter if you are diabetic or not everything is still good.

An excellent book for help in avoiding bad things for diabetics. Unfortunately the resulting salt content for most recommended foods/meals is way too high.... blood pressure issues start to come into play . Bland meals require sodium to compensate.....but try buying any prepared foods without swallowing half the dead sea.

I like the variety of recipes and the instructions were easy to follow it was helpful for a individual starting down the diabetic recipe path

This book is great for menu planning / grocery list. Should be invaluable for one who is trying to WATCH their carb intake !!!

This book is ok for diabetics. For me the breakfast recipes are better than the others. Overall it is well worth the price.

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