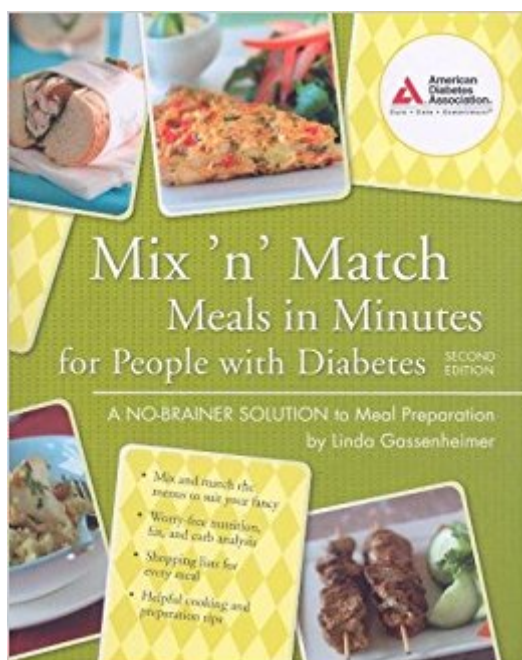


The book was found

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.

[Download to continue reading...](#)

Mix 'n' Match Meals in Minutes for People with Diabetes: A No-Brainer Solution to Meal Preparation
Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse
Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2
Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes

Cookbook, Insulin, Diabetes Solution) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetic Living Diabetes Meals by the Plate: 90 Low-Carb Meals to Mix & Match Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)