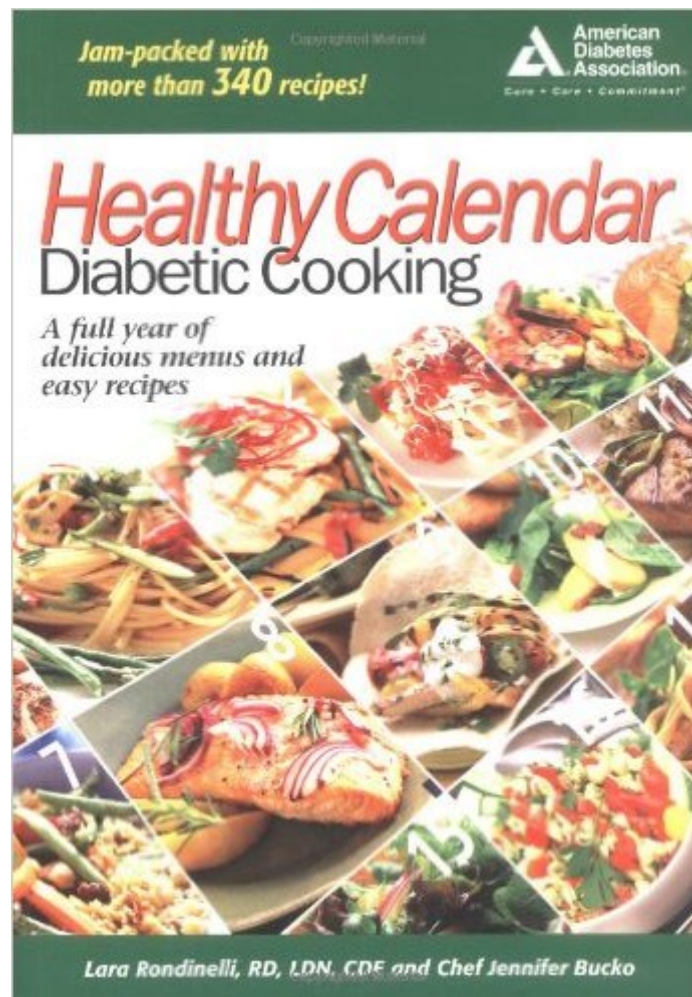


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# Healthy Calendar Diabetic Cooking



## Synopsis

A unique cookbook concept featuring month-by-month, week-by-week, and day-by-day meal plans and recipes with dietitian and chef's tips that make it much easier for people to eat healthfully. The menus come with weekly grocery lists that provide quantities for each item so only the items needed are purchased, saving the person time grocery shopping. As an added bonus, each month features reminders of special ADA events and other health-related activities of interest. Recipes include: Turkey and Wild Rice Soup - prepared in just 15 minutes! Chicken Breasts with Raspberry Balsamic Glaze - prepared in 10 minutes! Banana Chocolate Chip Bread - just 3g of fat!

## Book Information

Paperback: 460 pages

Publisher: American Diabetes Association; 1 edition (December 14, 2004)

Language: English

ISBN-10: 1580401600

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Product Dimensions: 9.8 x 7 x 1 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #875,691 in Books (See Top 100 in Books) #74 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #623 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #718 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

I bought this cookbook when my husband was diagnosed as pre-diabetic. I have been using it now for 4 weeks, and there are some good points and bad. I really like the idea, and having a weekly grocery list pre-prepared is great. Some of the recipes are rather bland, but overall easy. I have found some really good ones too, we especially like the side dish recipes. I do have 2 big complaints: I wonder if some of the recipes were ever tried by the author. For example, the recipe for Greek Lemon Chicken and rice has a marinade for the chicken that is then supposed to be cooked to a boil to use as a sauce, the recipe yielded so little marinade it barely covered the chicken much less left enough over to create a sauce. My 2nd big complaint is there are a few recipes where cooking temperatures and times have been left out. Updated Review 7/30/2010. So we have been using this cookbook I would say 75% of the time for almost a full year, and I stand by my

original review of 3 stars maybe even going down to 2 1/2 stars. I still really like the idea of having a years worth of recipes planned out, with meals and shopping lists organized a week at a time. Taste wise most of the recipes are good, the ones I did not like were more to do with personal tastes and preference than recipe. The side dish recipes are still my favorite. Along with with the sandwich recipes, there is a roasted vegetable sandwich that my husband absolutely loves. Health wise, my husband has dropped from pre-diabetic to a normal blood sugar range. But, he did also take up a very stringent exercise regime of running 3 miles a day, etc. Now for my complaints. As far as meal planning goes, this book has some major flaws.

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