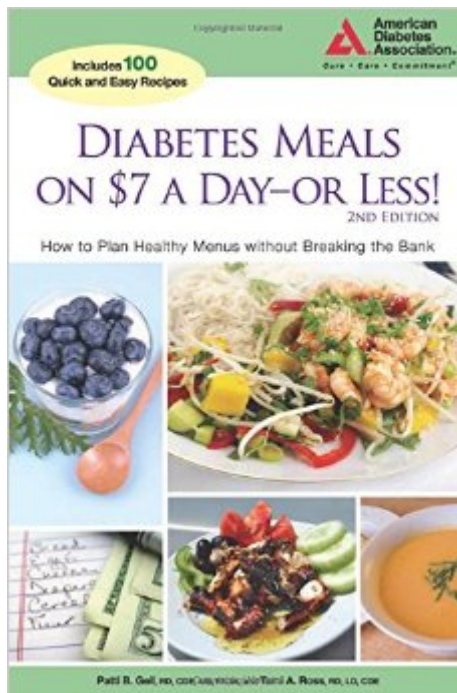


The book was found

# 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

Paperback: 208 pages

Publisher: American Diabetes Association; 2nd ed. edition (September 27, 2007)

Language: English

ISBN-10: 1580402720

ISBN-13: 978-1580402729

Product Dimensions: 4.9 x 0.5 x 8.5 inches

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

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

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

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

Diabetes Meals on \$7 a Day&#151;or Less!: How to Plan Healthy Menus without Breaking the Bank  
Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2  
Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet  
Book Book 1) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes,  
type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic  
recipes, what is diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet,  
Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes  
Solution, Diabetes Cure) 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) Diabetes: How To Reverse Diabetes

(Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes de la A a la Z (Diabetes A to Z): Lo que necesita saber sobre la diabetes &#151; en terminos simples (What You Need to Know about Diabetes &#151; Simply Put) (Spanish Edition) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) 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: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) 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: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)

[Dmca](#)