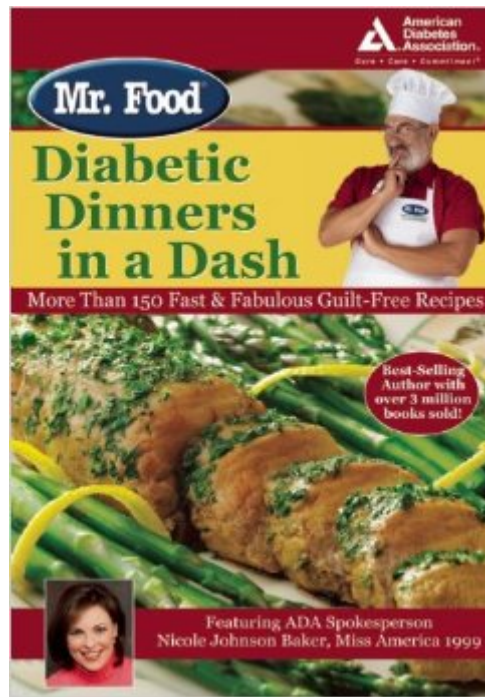


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# Mr. Food: Diabetic Dinners In A Dash



## Synopsis

Mr. Food and the American Diabetes Association are proud to present an all new cookbook, Diabetic Dinners in a Dash. This cookbook contains over 150 Fast and Fabulous Guilt-Free Recipes that will have everyone saying "Ooh It's So Good!". Every recipe contains nutritional information, portion sizes, and easy-to-follow directions that will put delicious meals on your table every night.

## Book Information

Paperback: 216 pages

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Product Dimensions: 7.4 x 0.5 x 9.9 inches

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

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #961,575 in Books (See Top 100 in Books) #81 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #683 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #779 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

This is a great book and I have used it a lot. Very clear and to the point. I have many cookbooks and this one is on top of the stack.

I have several of Mr. Food cookbooks and am a diabetic. I don't care for the format. It's different than his other books. I don't like the soft cover and they don't feel like he wrote them. Just my opinion. I also have the Diabetic Holiday book and don't care for it for the same reason. His other books are so homey. This one feels cold. Can't explain it any other way.

This helped me a great deal when I first had diabetes---easy, quick & good dinners that met all the requirements. Thanks Mr. Food!

Great cookbook, still going through all the recipes but so glad this is out there, thank you!

Too many carbs. Not really diabetic recipes. Donated mine to thrift shop.

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