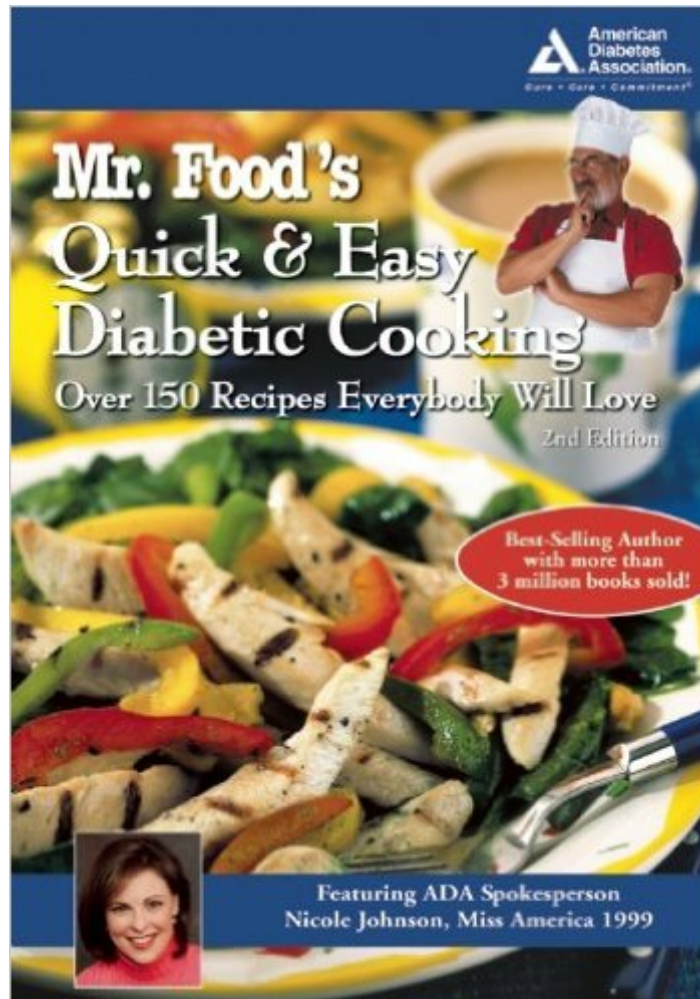


The book was found

Mr. Food's Quick And Easy Diabetic Cooking



Synopsis

This book is it - the result of Mr. Food's chance meeting with Nicole Johnson, Miss America 1999, and his desire to respond to fan requests for creative, tasty, and quick recipes for people with diabetes. With more than 150 no-nonsense recipes, plus helpful hints for keeping you on track, this book is a must-have. After all, a healthy lifestyle is vital to everyone.

Book Information

Paperback: 212 pages

Publisher: American Diabetes Association; 2nd ed. edition (December 6, 2007)

Language: English

ISBN-10: 1580402712

ISBN-13: 978-1580402712

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #684,856 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #511 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #587 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

When Mr. Food met with Nicole Johnson, Miss America of 1999 and an international diabetes advocate, a partnership was formed which created "Mr Food's Quick & Easy Diabetic Cooking", a useful diabetic and general health food cookbook. The updated second edition packs in over 150 recipes, hints for eating lighter as a lifestyle change, and portion sizes geared to aid in diabetes control and weight loss. Recipes are very easy, offer streamlined dishes based on pre-made foods as much as possible, and will appeal to any interested in modifying their cooking habits to accommodate diabetic needs.

I ordered this book for my aunt and she loved it. She watches old reruns of his clips on tv and was pleasantly surprised to get a cookbook.

Very helpful book. It is always helpful to find as many recipes as you can when you are diabetic. This book fills the bill.

My husband who is not a diabetic is enjoy making and eating the food and has lost weight in doing so.

Great cookbook. I bought it to fix recipes for my dad who is a diabetic, but I enjoy the recipes myself!!!

the food is very easy too make, some thing you can't find in some stores, but all-in-all book is good

I used to watch Mr Food on TV and he made everything seen so easy. The recipe are easy to make and I would recommend this book to anyone.

The cookbook has great ideas and recipes. Easy to following instructions and I am very happy with this cookbook purchase.

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

Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic)
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)
The Microwave Gourmet Cookbook!: Quick and Easy Microwave Cooking Recipes that will Blow your Mind! (Fast, Quick, and Easy Cooking Recipes and Cooking Tips! Book 1) Diabetic Cookbook (A Beginner?s Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 293) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 261) Mr. Food's Quick and Easy Diabetic Cooking Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)

Diabetes: The Best Diabetic Cookbook - Over 30 Healthy and Delicious Recipes That Will Help You Start Controlling Your Diabetes (Diabetes Food, diabetes diet plan, diabetic diet books) Diabetes Diet: Eating Guide for Diabetics & Delicious Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure, Diabetic Living) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100) Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss Transformation Book 251) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Quick & Easy Vietnamese: Home Cooking for Everyone (Quick & Easy Cookbooks Series)

[Dmca](#)