



Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone!

Phyllis Good

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Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone! Phyllis Good

With more than 500 irresistible stove-top and oven recipes for people with diabetes—and everyone else! Each recipe includes its own nutritional analysis and is easy-to-make with readily available ingredients. From the bestselling author of the Fix-It and Forget-It slow-cooker cookbook series and the American Diabetes Association. No need to deprive anyone with diabetes of good food! Cook from Fix- It and Enjoy-It Diabetic Cookbook: Stove-Top and Oven Recipes— for Everyone! and everybody will be happy. This chock-full cookbook offers more than 500 recipes for stove-top and oven, all appropriate for persons with diabetes. What's more—these dishes, with their reduced fats and carbs, are healthy for everyone. New York Times bestselling author Phyllis Pellman Good is back with her signature approach to stress-free cooking. "These irresistible recipes have short lists of ingredients—which are readily available. And the instructions for making each recipe are clear and thorough. These recipes are for cooks who are short on time, and may be short on confidence!" smiles Good. Fix-It and Enjoy-It Diabetic Cookbook comes from a blue-ribbon team. The American Diabetes Association has worked with Good to select the recipes. And they have supplied the Exchange Value and Nutritional Analysis for each recipe. "One more thing to note," comments Good. "These recipes come from home cooks all across the country. They are beloved dishes; the recipes work; the outcomes are already delicious favorites." Who can resist: Mexican Chicken Bake Barbecued Beef Strips Cranberry-Glazed Pork Roast Dried Cherry Salad Stir-Fried Broccoli Crusty Baked Potatoes Frozen Fruit Slush The book includes "A Week of Menus," for those beginning to cook for persons with diabetes, and for those who need refreshing new ideas. Fix-It and Enjoy-It Diabetic Cookbook makes it easy for persons with diabetes to eat as they should. And you can love this cookbook, even if you don't have diabetes. These recipes are for everyone!

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In this particular era which is the greater man or woman or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple way to have that. What you are related is just spending your time not very much but quite enough to enjoy a look at some books. On the list of books in the top record in your reading list is Fix-It and Enjoy-It Diabetic: Stove-Top and Oven Recipes-for Everyone!. This book that is certainly qualified as The Hungry Mountains can get you closer in becoming precious person. By looking right up and review this publication you can get many advantages.

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