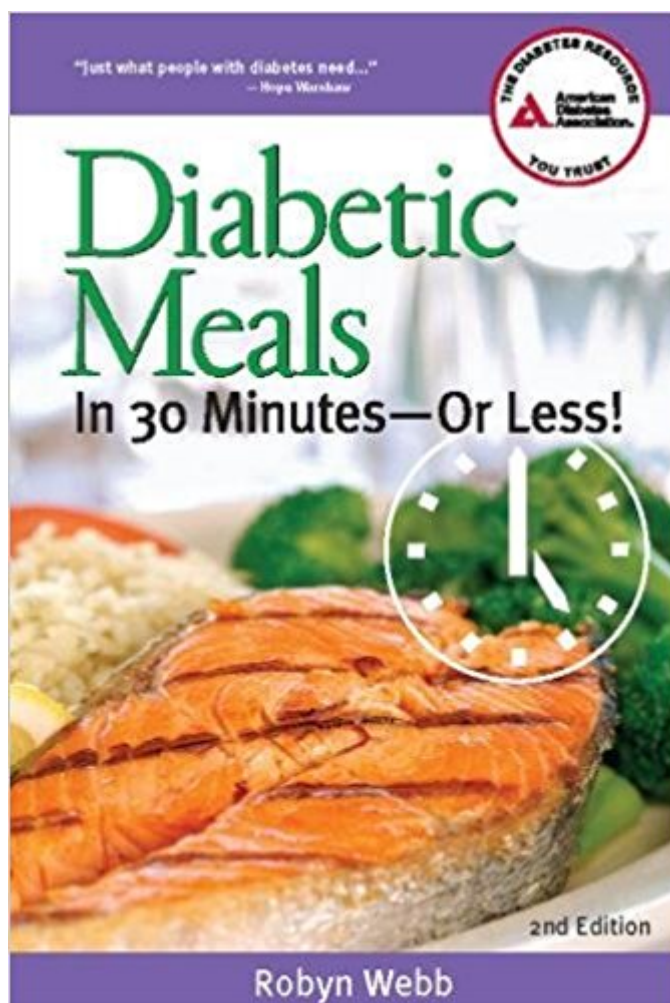


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# Diabetic Meals In 30 Minutes&#151;or Less!



## Synopsis

Healthy, diabetes-friendly recipes for people with active lives and busy schedules. Chock full of recipes specifically designed for those with diabetes. Diabetic Meals in 30 Minutes - Or Less! Can get your meal plan on track in no time.

## Book Information

Paperback: 173 pages

Publisher: American Diabetes Association; 2 edition (August 8, 2006)

Language: English

ISBN-10: 1580402658

ISBN-13: 978-1580402651

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 104 customer reviews

Best Sellers Rank: #322,335 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #268 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #311 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

Just what people with diabetes need—a cookbook with tasty recipes. But better yet, they're all a snap to fix for people on the go—and that's just about everyone today. Hope S. Warshaw, MMSC, RD, CDE, BC-ADM Author, *Diabetic Meal Planning Made Easy*

Robyn Webb, MS, has been featured in *Woman's Day*, *Cosmopolitan*, and *USA Today*, and has appeared on QVC, CBS News with Dan Rather, and ESPN with fitness expert Denise Austin. She is the author of six cookbooks, including *More Diabetic Meals in 30 Minutes - Or Less!* and *Italian Diabetic Meals in 30 Minutes - Or Less!* She is also the coauthor of *The Diabetes Food and Nutrition Bible*.

I originally purchased this cookbook for my Dad, who is a Type II Diabetic and normally doesn't cook much since Mom died. I flipped through it and tagged at least 15 different recipes that I wanted to try for myself. This is a great all around cookbook for several reasons:\* all of the recipes use

nutritious, natural foods that are readily available\* most of the recipes call for only a few ingredients, so even those new to cooking will be successful\* the basic dishes are done in no time and can be frozen\* the recipes can be easily doubled or tripled\* it offers a delicious variety that are delightful and satisfying! I'm a professional firefighter/paramedic and I can tell you from experience that Type II Diabetes is in fact, becoming an epidemic. Firefighters have to watch what we eat as well, which is not always easy, because we need it to be fast, filling and able to withstand being reheated over and over again (since mealtime is usually interrupted). High fat, high salt and high cholesterol may be tasty, but they'll kill you. This book offers wonderful recipes that fit the bill and I should know - I've made them with fantastic results!

If you're buying this for you mum or dad (70+ years old), it might not be the right book. Too many ingredients and special items to try and find. My mum complained that she didn't know what half the stuff was or where to find it.

This is a wonderful cookbook with fast results in a half hour. If one remembers 15 grams of carbs equals 1 choice, and you can have 15-17 choices per day, this is the cookbook for you! Serving sizes are appropriate and very filling. Nice job!

Good, easy to prepare meals with easy to find ingredients. I like the fact that they require little time to prepare as they fit in well with a busy lifestyle.

This Diabetic Meals in 30 minutes or less book is a great thing to have on hand whether your diabetic or not. The book has tons of awesome recipes and tips. Overall this a must have in any household.

Based on everyday life food but catered to diabetic. Very practical and I am using it for planning my meals and quickly meals. It is super practical for me because my hubby is from Spain and they eat a little late than we do but light. So 30 mins. meals is very useful for dinner planning

I really like this book. People with diabetes are usually just as busy as anyone else, and have limited time to prepare meals. The special diet needed to control diabetes pretty much eliminates "fast food" restaurants, which means more - and sometimes different - home-cooked meals. This author clearly understands this and addresses it effectively. She gives good tips on timesaving techniques,

including planning your menus and recipes before shopping so that you have what you'll need on hand. In fact, it's a good book for anyone who wants to maintain a good, healthy diet when time is at a premium. This is certainly the first book I would recommend to anyone who has diabetes.

A lot of meals idea for diabetic people.

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Diabetic Slow Cooker (Diabetic Living) Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1)

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