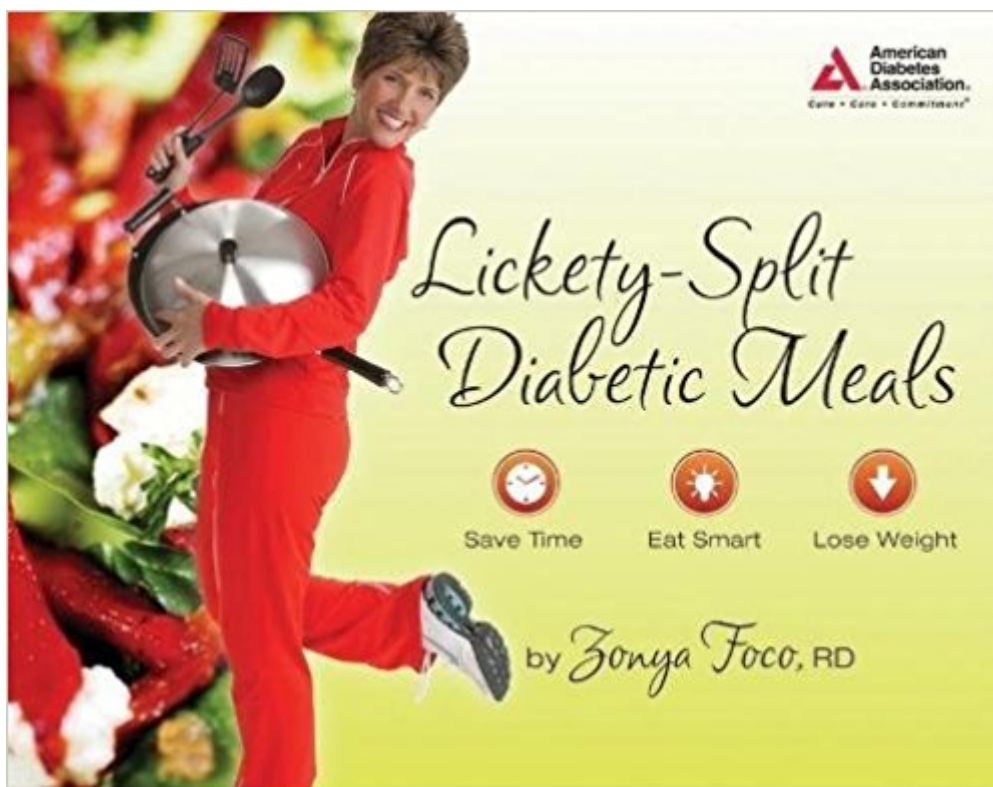


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# Lickety-Split Diabetic Meals



## Synopsis

Let Zonya Foco be your guide as you learn how to save time, eat smart, and lose weight. With over 175 recipes, Lickety-Split Diabetic Meals features meals that can be prepared in minutes, and each recipe includes a healthy tip to help you save time, exercise better, and eat right. Lickety-Split Diabetic Meals is a one-of-a-kind resource - part cookbook, part meal planner, and part self-management guide. Learn how to change the life you have into the life you want!

## Book Information

Plastic Comb: 384 pages

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Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 19 customer reviews

Best Sellers Rank: #321,882 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #267 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #310 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

## Customer Reviews

Zonya Foco, RD, is the only registered dietitian and certified health and fitness instructor to have earned the prestigious Certified Speaking Professional (CSP) designation. She conducts keynotes and workshops across the U.S. and Canada and has been featured or published in a wide variety of national media outlets and magazines.

I bought this book to learn to cook healthy but yummy meals for my diabetic beloved and it is my favorite of all the diabetic cookbooks I have purchased. The author presents the recipes in a clear and easy to follow manner and the nutrition/diabetic exchange information is very accessible. Many of the meals are very simple and easy to prepare with items that can be kept stocked in the pantry (including a helpful list of items to keep on hand), making it convenient to whip up something healthy with minimal preparation. Quick tips for healthy lifestyle changes are interspersed between the recipes and are presented in an entertaining and enthusiastic way that make them less intimidating

and preachy than those I have encountered in other diabetic cookbooks. Our favorites are the homemade turkey sausages, breakfast casserole and breakfast cookies, all of which have become staples in our household. The plastic ring binding is great for keeping the book open to the page you are using while cooking. I highly recommend this cookbook.

I have never planned meals before; I've always just cooked whatever I had on hand. But this cookbook has helped me learn to meal plan and shop for only items I need for the week. I have been using this cookbook exclusively for 12 weeks now, and we love the meals. My whole picky family is eating each night and looking forward to what is being cooked. We discuss which of that weeks meals they would like to see again and I make notes on that recipes page. The spices and veggies in the dishes really give everything great taste and help fill you up without the extra carbs or fats. With the "15 minute meals" and "30 minute meals" sections, even on busy nights I can have something ready to eat quickly. My diabetes is doing much better with these meals and the exercise Zonya (author) encourages you to do. She has even included exercise ideas for you to get out and do while the dish is baking.

I saw one of her healthy cooking presentations in Idaho. I loved what she showed us and told us about Diabetes and cooking. This cookbook is full of wonderful and quick recipes for Diabetic meals and snacks.

Yes, the recipes are the same as her original edition, modified for Diabetic preparations & they are still fabulous! Zonya has a way of walking you through the meal preparations that allows you to come home have crazed from a busy day & still put up a terrific meal, lickety-split. Now, if you have the original book, as I do & prefer to adjust the recipes, you could certainly do that. However, if you are busy, as I am, having it done for you is indeed a gift from Zonya. Why not buy the new version and introduce a friend to Lickety-Split Meals? There are a few more tips in the Diabetic edition and those are simply genius. Buy IT!

This is a very informative book for anyone who has diabetes or even pre-diabetes. The recipes are easy to follow and don't take a lot of prep time. I also love the author's positive attitude! There is a shopping list in the back of the book that is very helpful as well.

What a great book for those who are not terribly knowledgeable about Diabetes & what's at stake

(even for those who are!). It has food plans, menus, counts, carbs, etc. etc. etc. ALL LISTED! I showed this to my husband's diabetes nurse, & she took all info & was to order it, too. THE BEST book out as far as "how to eat" is concerned. Although beef is not the meat "of choice", I would like to have had a few more recipes with beef. Other than that, it's terrific.

Book in new condition. I have already tried a few of the meals and they are good. I ordered her book People on the go, but that has not arrived yet. I can hardly wait.

This is one of the best cookbooks around. The recipes are presented in a great step-by-step feature that truly makes the meals ready in a "Lickety-Split"! The easel feature is a great help as well since you can prop it up right next to your food prep area. The meals are healthy and taste great!

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