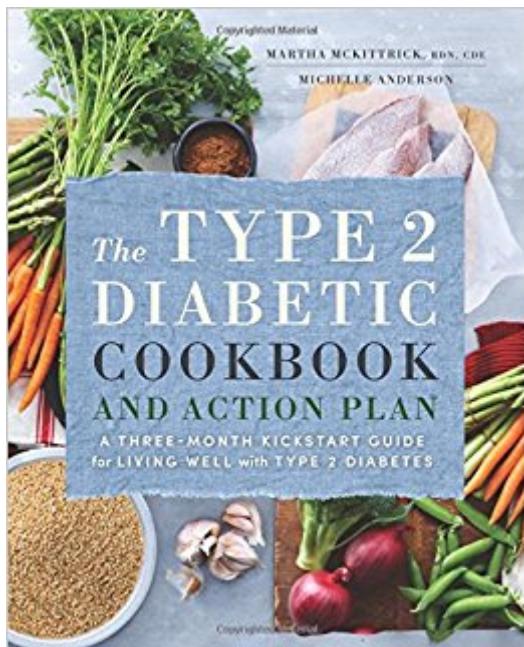


The book was found

The Type 2 Diabetic Cookbook & Action Plan: A Three-Month Kickstart Guide For Living Well With Type 2 Diabetes



Synopsis

Easy recipes. Simple meal plans. Real diabetes management. Start eating and living well with this diabetic cookbook for type 2 diabetes today. Receiving a type 2 diabetes diagnoses can be frightening and learning to manage your diabetes through nutrition and lifestyle changes can feel overwhelming. Talking with your doctor or a nutritionist is helpful, but you also need real-world guidance and a practical diabetic cookbook in order to live and eat well with type 2 diabetes. As a registered dietitian and certified diabetes instructor with over 20 years of experience, Martha McKittrick saw the need for a diabetic cookbook that included individualized nutrition plans for patients with diabetes and other complex medical needs. In *The Type 2 Diabetic Cookbook & Action Plan*, Marthaâ™s teamed up with cookbook author Michelle Anderson to create this comprehensive, yet easy-to-follow diabetic cookbook for those with type 2 diabetes. Now you can learn about your management options, while implementing a holistic, actionable, 3-month nutrition kick-starter right away. The *Type 2 Diabetic Cookbook & Action Plan* will help you: FIND THE PLAN THATâ™S RIGHT FOR YOU with a fully customizable two-week meal plan with options for three different calorie-level needs; RETHINK YOUR FOOD and discover how you can make the smartest food choices for your bodyâ™s new nutritional needs; GET THE SUPPORT YOU NEED to face day-to-day challenges so that you feel prepared and empowered no matter what comes your way. With *The Type 2 Diabetic Cookbook & Action Plan* youâ™ll enjoy delicious recipes such as: Lemon Blueberry Muffins, Pumpkin Apple Waffles, One-Pot Roast Chicken Dinner, Homestyle Herb Meatballs, Mediterranean Steak Sandwiches, Whole-Wheat Linguine with Kale Pesto, and more.

Book Information

Paperback: 226 pages

Publisher: Rockridge Press (February 14, 2017)

Language: English

ISBN-10: 1623158338

ISBN-13: 978-1623158330

Product Dimensions: 7.5 x 0.7 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 58 customer reviews

Best Sellers Rank: #9,267 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #6 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #11 in Books > Cookbooks, Food

Customer Reviews

MARTHA MCKITTRICK, RD is a registered dietitian, certified dietitian-nutritionist and certified diabetes educator in New York City. She specializes in weight control, cardiovascular health, diabetes, sports nutrition, PCOS, GI issues including IBS, womenâ™s health, and preventive nutrition. Martha has helped hundreds of patients understand exactly what they need to do to manage their type 2 diabetes through diet, exercise, and self care. MICHELLE ANDERSON is a writer and recipe developer, with expertise in medically restricted diets. As the author and co-author of cookbooks spanning a variety of nutritional subject matters such as PCOS, autoimmune paleo protocol, and insulin resistance, as well as holistic health. Michelle has been a career chef for over 24 years and has worked all over the world learning many different cuisines. Health is of particular interest, and her time as a personal chef was particularly satisfying, as she saw clients' health and quality of life improve.

Nice bunch of recipes to try. I'll be using a lot.

Thanks this cook book help me plan a lot of new mals as a diabetic...

Very good book. Good recipes. Good info. Hust buy it.

Meal plans are important for me

helpful book and plan.

It has a lot of good healthy recipes

Great resource!

Great book! I loved the recipes and was an easy read!

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