



Fix-It and Forget-It Slow Cooker Diabetic Cookbook: 550 Slow Cooker Favorites-to Include Everyone!

By Phyllis Good

GOOD BOOKS, United States, 2015. Spiral bound. Condition: New. Revised Edition. Language: English . Brand New Book. The classic slow cooker cookbook for diabetics--with nearly 600,000 copies sold--now available in a larger format! Millions of home cooks have fallen in love with the Fix-It and Forget-It cookbooks since the first title was released more than a dozen years ago. Now, these same beloved cookbooks are available in a larger format, making the recipes easier than ever to follow! With diabetes threatening so many of us, a cookbook with reliable recipes is a must-have slow cooker resource. Fix-It and Forget-It cookbook maven, Phyllis Good, has teamed with the American Diabetes Association to provide complete Exchange Values and Basic Nutritional Values for each recipe. You can use these tasty and trusted recipes to plan your meals safely. In addition to the Cookbook's scrumptious recipes from home cooks, the ADA has brought these new and helpful features to the book: A Week of Menus, using recipes from the Cookbook. These show how to use a daily meal plan and stay within your calorie limit. Clear Tips for planning meals and menus for those with diabetes. Visual Clues for learning Portion Control. Plus...



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