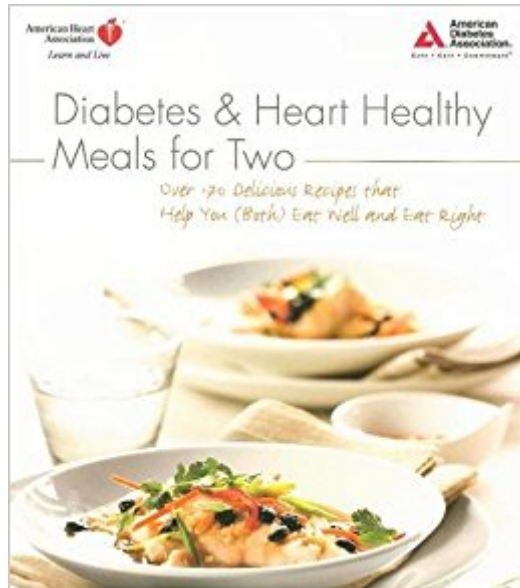




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Diabetes And Heart Healthy Meals For Two



Synopsis

If you or a loved one has diabetes, you need to eat heart-healthy meals everyone can enjoy. These simple, flavorful, heart-healthy recipes were designed for those looking to improve or maintain their cardiovascular health. Each recipe was designed for two - perfect for adults without children in the house or for people living alone who want to keep leftovers to a minimum. With over 170 recipes, there are plenty of options to keep your heart at its healthiest and your blood glucose under control.

Book Information

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Average Customer Review: 4.2 out of 5 stars 93 customer reviews

Best Sellers Rank: #73,359 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #8 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #55 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#)

Customer Reviews

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The American Heart Association's mission is to build healthier lives, free of cardiovascular diseases and stroke.

The recipes in this book are imaginative and delicious, and once I had upgraded my kitchen with an assortment of spices, herbs, and vinegars, etc., meal prep is easy. I have been using one of the recipes from this book every day for my main meal, and that together with cutting out most processed sugars from my diet and cutting down significantly on simple carbs, has resulted in me losing 14 lbs in 12 weeks. My primary intention in buying this book was to try to eat meals that would help me control my glucose levels (pre-diabetic). It has helped me do that and the weight loss is a tremendous bonus. Highly, highly recommend this book.

This cookbook has so many tasty recipes and makes it easy to cook for two. My husband and I are trying to reduce sugar in our diet and this has made it easy. Because the recipes serve only two, it makes it easy to control the portion size. Some of the recipes I have tried so far and really like are Spiced Sweet Potato Waffles, Mexican-Italian Omelets, Oatmeal Pancakes with Bananas, French Toast with Strawberry-Orange Sauce, Whole Wheat Breakfast Pizzas, Quick Herb Tomato Soup and Baked Peach Crisp. And there are so many more recipes that I am looking forward to making!

Somewhat repetitious of their companion book "Diabetes and Heart Healthy Cookbook"

I was disappointed there were no menus.

I look forward to using this cookbook.

An excellent cookbook for diabetics and recipes just for two people. I really enjoy having the nutrition info. included with each recipe also. The selections make this a well rounded cookbook with choices for everyone's taste. I am very pleased with this purchase.

Great Product.

I can't wait to try these out!

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