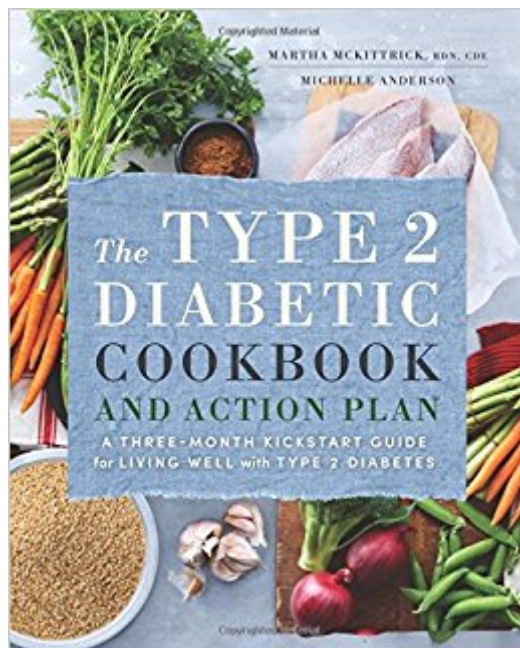




The book was found

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 diagnosis 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*, Martha 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 THAT'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 body **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* you'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.

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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, women'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 meals as a diabetic...

Very good book. Good recipes. Good info. Must 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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