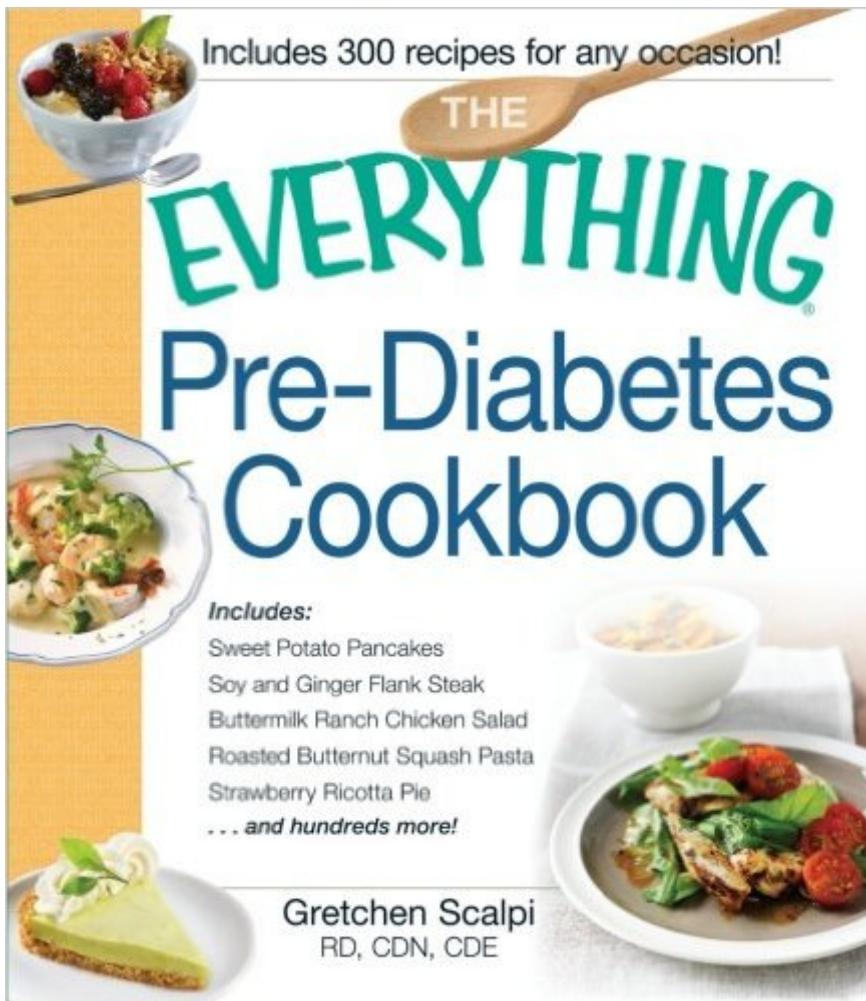


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# The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy And Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and Hundreds More!





## Synopsis

The delicious way to reverse your diabetes risk! A diagnosis of pre-diabetes doesn't mean that diabetes is inevitable. Changing your diet and activity level can help you avoid type 2 diabetes altogether. In *The Everything Pre-Diabetes Cookbook*, you'll find more than 300 recipes for delicious, healthy meals the whole family will love. Also included is a 10-week diet and exercise plan that will help you lower your diabetes risk. Registered dietitian Gretchen Scalpi has compiled 300 meals that are as tasty as they are healthy, including:

Berry puff pancakes Fresh baja  
guacamole  
Chipotle chicken wrap  
Stir-fried ginger scallops with vegetables  
Homemade macaroni and cheese  
Rich and creamy sausage-potato soup  
Chocolate cheesecake mousse  
Cranberry pecan biscotti

Armed with this expert guide, you can recognize your unhealthy eating habits, find new healthier ways to prepare your favorite dishes, and stop diabetes in its tracks!

## Book Information

Series: Everything®

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Average Customer Review: 4.2 out of 5 stars (See all reviews) (25 customer reviews)

Best Sellers Rank: #45,848 in Books (See Top 100 in Books) #6 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #61 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

Usually when I find a cookbook there are only a few recipes I would even try. I would probably try all of these. They all look so good!

Gretchen Scalpi is amazing! For those of you who have just received a diagnosis of "pre-diabetes", Gretchen will answer your questions and give you amazing recipes to help lower that glucose count!

after the shock of being diagnosed as pre diabetic, this book was a life saver both mentally and

physically. I could eat a lot of foods that I thought would be forbidden. recipe directions are straight forward therefore basically quick to put together. I will be using this book a lot!

Since I was just diagnosed I have been looking for a book just like this one. Clear, honest with a mix of valuable information as well as the recipes.

This is a very good book for a person who has no idea how to deal with Pre-Diabetes. The recipes are mostly easy and tasty.

I'm not a diabetic (or pre-diabetic) but was looking for a way to plan meals and menus to reduce my glycemic load. This book did not really offer any help. It advised working with your doctor or a nutritionist. If I did that then I probably wouldn't need the book as I have already heard most of the information in it .

Very nice cookbook. Hard to find cookbooks for Pre-Dabetics.

I have used many of the recipes and haven't found any that I don't like yet!

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The Everything Pre-Diabetes Cookbook: Includes Sweet Potato Pancakes, Soy and Ginger Flank Steak, Buttermilk Ranch Chicken Salad, Roasted Butternut ... Strawberry Ricotta Pie ...and hundreds more! The Everything Gluten-Free Slow Cooker Cookbook: Includes Butternut Squash with Walnuts and Vanilla, Peruvian Roast Chicken with Red Potatoes, Lamb ... Pumpkin Spice Lattes...and hundreds more! The Everything Mediterranean Cookbook: Includes Homemade Greek Yogurt, Risotto with Smoked Eggplant, Chianti Chicken, Roasted Sea Bass with Potatoes ... Meringue Phyllo Tarts and hundreds more! The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp and hundreds more! 25 Potato Salad Recipes - Irresistible Sweet Potato Recipes for Every Occasion: A Cookbook full of Mouthwatering Potato Recipes The Everything Dutch Oven Cookbook: Includes Overnight French Toast, Roasted Vegetable Lasagna, Chili with Cheesy Jalapeno Corn Bread, Char Siu Pork ... Caramel Apple Crumble...and Hundreds More! The Everything Easy Mediterranean Cookbook: Includes Spicy Olive Chicken, Penne all'Arrabbiata, Catalan Potatoes, Mussels Marinara, Date-Almond Pie...and Hundreds More! The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean

Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more! (Everything (Cooking))  
The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and hundreds more! (Everything Series) The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook: Includes Fresh Peach Ice Cream, Ginger Pear Sorbet, Hazelnut Nutella Swirl Gelato, ... Lavender Honey Ice Cream...and hundreds more! Salad Dressing Recipes: Top 50 Most Delicious Homemade Salad Dressings: [A Salad Dressing Cookbook] The Everything Peruvian Cookbook: Includes Conchitas a la Parmesana, Chicken Empanadas, Arroz con Mariscos, Classic Fish Cebiche, Tres Leches Cake and hundreds more! Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition)  
Strawberry Shortcake Easy Recorder Songbook (Strawberry Shortcake (Alfred Publishing))  
Pancakes, Pancakes! The American Diabetes Association Diabetes Comfort Food Cookbook  
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