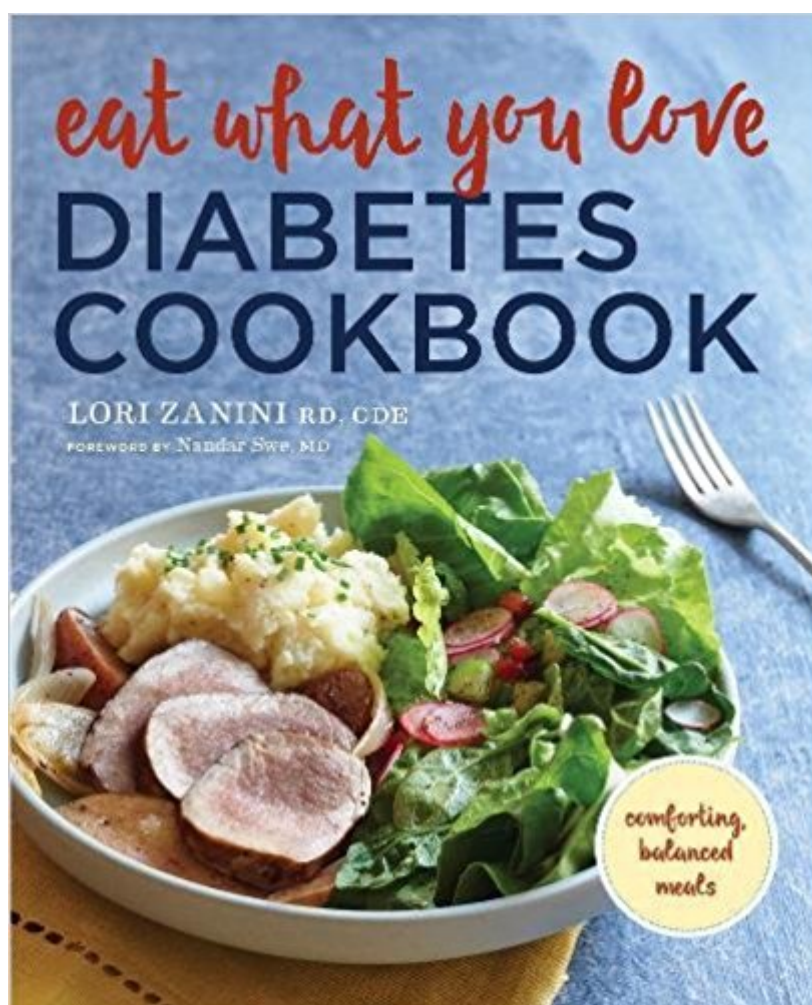




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# Eat What You Love Diabetic Cookbook: Comforting, Balanced Meals



## Synopsis

As a Registered Dietitian Nutritionist, Certified Diabetes Educator, and person with diabetes who loves to cook, comfort foods are always my top choice. *Eat What You Love Diabetic Cookbook* offers delicious recipes that fit into a healthy eating plan for people with diabetes. Food should and can be enjoyed, and these recipes get a big thumbs-up from me and from all my guests. Toby Smithson, MS, RDN, LD, CDE, Diabetes Lifestyle Expert at DiabetesEveryDay.com and author of *Diabetes Meal Planning and Nutrition for Dummies* Taking control of your diet is an important part of managing your diabetes, and you can do so without sacrificing the delicious comfort foods you love. According to the Mayo Clinic and the National Institute of Diabetes and Digestive and Kidney Diseases, making wise food choices is one of the most significant ways to avoid long-term problems caused by diabetes. *Eat What You Love Diabetic Cookbook* is the only diabetic cookbook that gives your body what it needs and your taste buds the comfort foods they really want. Registered Dietitian and Certified Diabetes Educator Lori Zanini specializes in providing guidance to clients facing serious health concerns, namely those with diabetes. She has helped thousands of people improve their lives through her science-backed, holistic nutrition approach. With her Southern roots and nutritional expertise, Lori's created this diabetic cookbook to show you how easy it can be to prepare comforting meals using whole foods that taste great and keep your diabetes under control. In *Eat What You Love Diabetic Cookbook*, you'll learn how what you eat affects your body and how to create a balanced plate without feeling limited. More than 100 recipes in this diabetic cookbook offer options for breakfast, lunch, dinner, and dessert including favorites like Breakfast Tacos, Slow-Cooker Pulled Pork Sandwiches, Chicken Pot Pie, Cherry Cobbler, and more. Helpful icons display which foods fulfill the requirements on your plate—carbs, protein, and veggies—and detailed nutritional information ensures you're meeting your current diabetic needs. "Complete the Plate" tips with every recipe suggest pairings to create a balanced meal using any of the combinations in this diabetic cookbook. *Eat What You Love Diabetic Cookbook* will empower you to make responsible food decisions while enjoying the delicious comfort food you crave.

## Book Information

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## Customer Reviews

"Simple advice filled with wholesome and flavorful recipes! This book teaches you how to control your diabetes while enjoying the foods you love. Lori Zanini empowers people with diabetes to take control of their health and reminds us food is not only good for our health, but good for our soul." — Marina Chaparro, MPH, RDN, CDE Spokesperson, Academy of Nutrition & Dietetics, Registered Dietitian & Diabetes Educator living with Type 1 Diabetes "As a Registered Dietitian Nutritionist, Certified Diabetes Educator and a person with diabetes who loves to cook for family and friends, comfort foods are always a top choice at my house. Eat What You Love Diabetic Cookbook offers delicious recipes that fit into a healthy eating plan for people with diabetes. I love the plate diagrams displayed with each recipe, which helps us ensure a balanced meal. Food should and can be enjoyed, and these recipes get a big thumbs up from me and from all my guests." — Toby Smithson, MS, RDN, LD, CDE, Diabetes Lifestyle Expert at DiabetesEveryDay.com and author of Diabetes Meal Planning and Nutrition for Dummies "As a nurse practitioner I encounter and care for patients with diabetes day after day and the number one issue is getting them to change their eating habits. No one wants to give up the foods they love. This cookbook has some awesome recipes with short prep times, which is very important. I love that my patients can now enjoy a healthy version of fried chicken! Who doesn't love fried chicken?! I am very excited to share this new cookbook with my patients." — Ronic Tatum, Family Nurse Practitioner, Board Certified "I can't wait to recommend this book not only to my patients with diabetes, but also to anyone who seeks the true path to long-term, balanced nutrition. This cookbook combines real science and delicious recipes to create a truly incredible guide to healthy eating." — Snezana Naumovski, Doctor of Pharmacy at Providence St. John's Health Center, Santa Monica, CA

LORI ZANINI is a Registered Dietitian, Certified Diabetes Educator, and a National Spokesperson for the Academy of Nutrition and Dietetics. She has helped thousands achieve a healthier lifestyle through nutrition as a private practice nutritionist based in Southern California. She has consulted as an expert for doctoroz.com, Prevention Magazine, The Los Angeles Times, Women's Health, The Chicago Tribune, GQ, the Tone It Up Nutrition Plan, and many more.

I got my book today and am so anxious to try out these delicious looking recipes. I love that each recipe tells you if it's a full plate, 1/2 plate, 3/4 plate etc. two of my family members have diabetes and I can't wait to share these meals with them.

This book is packed with good tasty recipe's and complimentary side dishes to add below main recipe.

Most impressed with the variety of recipes. Also provided a great deal of information regarding diabetes in easily understood language..

The conversion tables are very helpful. wouldlike to see additional recepiese the book was very thoughtfully put together and is enjoyable to use.

Well written and almost all ingredients readily available for the average cook. All recipes seem easy to follow and fairly simple to prepare. One of the better diabetic friendly cookbooks I've purchased.

Good recipes and good info on diabetes

Wonderful cookbook! Recipes for everyone, diabetic or not...

I look forward to using this cookbook.

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