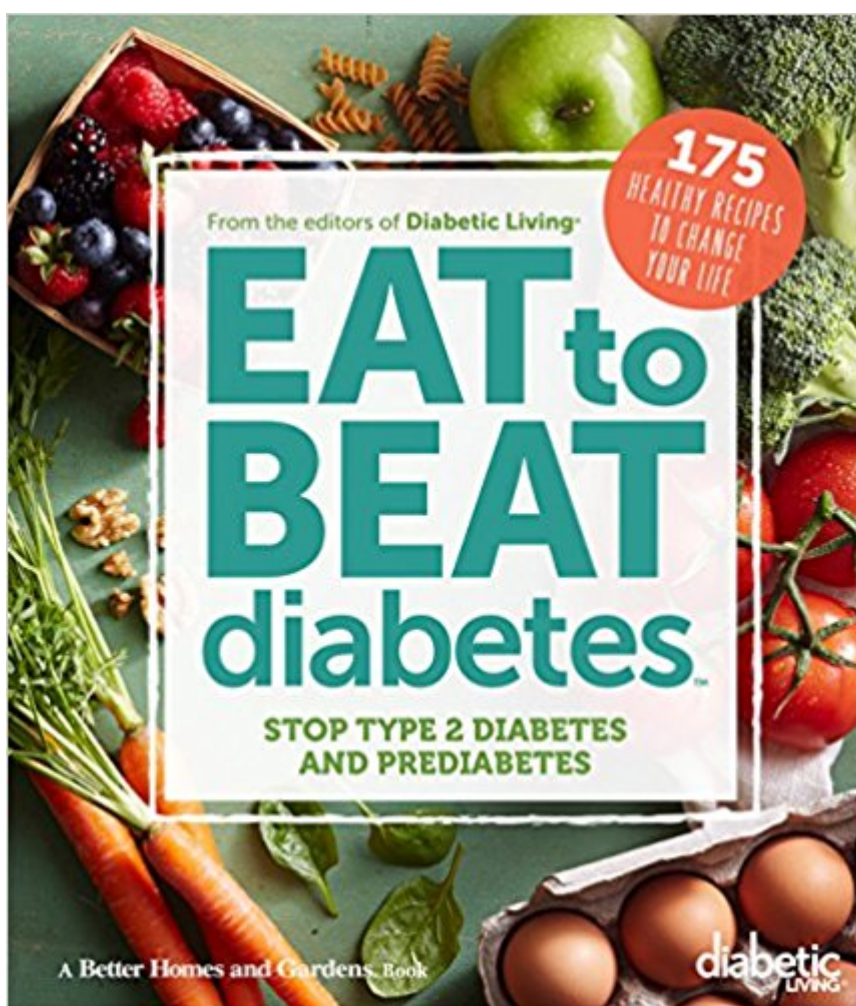


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# Diabetic Living Eat To Beat Diabetes: Stop Type 2 Diabetes And Prediabetes: 175 Healthy Recipes To Change Your Life



## Synopsis

An achievable plan for beating type 2 diabetes and prediabetes, with more than 100 photos and complete nutrition information. So much more than a cookbook, *Eat to Beat Diabetes* is a lifestyle guide for losing weight, balancing blood sugar, and controlling diabetes for good. The book features the 10 research-based, evidence-proven healthy habits you should adopt to gain control over type 2 diabetes or prediabetes. Each chapter presents a new habit and gives simple strategies and expert tips to make it stick. One chapter, *Eat More Fruits and Veggies*, includes beautifully photographed features on blending fruit and veggie smoothies and creating easy, produce-packed lunches. A second, *Get to Know Portions*, offers smart tricks for stretching portions (stir nonstarchy cauliflower into mashed potatoes to double the serving). Lending encouragement throughout are profiles of people who have managed their diabetes and turned their lives around. With a lay-flat concealed wire binding designed for everyday use, this photo-filled book is as much a friendly kitchen companion as an authoritative plan for changing your life.

## Book Information

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## Customer Reviews

**Chili-Lime Chicken Tostada with Pico de Gallo and Chipotle Crema** from *Eat to Beat Diabetes* - Prep 50 minutes - Marinate 30 minutes - Bake 45 minutes - Servings 4 (1 tortilla and about 2 cups toppings each) **Directions** 1. For marinade, in a small bowl, combine lime peel, the 1/4 cup lime juice, the 2 tablespoons agave nectar, the garlic, and chili powder. Place chicken

in a resealable plastic bag set in a shallow dish. Pour marinade over chicken in bag; turn once to coat chicken. Marinate in the refrigerator 30 minutes, turning bag occasionally. 2. Preheat oven to 375° F. Drain chicken, discarding marinade. Arrange chicken in a 15½"×10½"×1-inch baking pan. Sprinkle chicken with black pepper and salt. Bake about 45 minutes or until chicken is tender and no longer pink (170° F). When cool enough to handle, remove meat from bone and shred or cut into bite-size pieces. 3. Meanwhile, for the chipotle crema, in a small food processor combine yogurt, mayonnaise, chile peppers, the 1 tablespoon lime juice, and the 1 teaspoon agave nectar. Cover and process until combined. 4. Preheat broiler. Place tortillas on a baking sheet. Coat both sides of each tortilla with cooking spray. Broil 4 inches from the heat 2 to 3 minutes or until crisp and golden brown, turning once halfway through. 5. Meanwhile, in a medium nonstick skillet combine chicken, black beans, and broth. Cook, covered, over medium-high heat until heated through (165° F), stirring occasionally. 6. Place tortillas on four plates. Top each tortilla with 1 cup of the shredded romaine, one-fourth of the chicken-black bean mixture, about 1¼ cup of the Pico de Gallo, 2 tablespoons of the chipotle crema, and 1 tablespoon of the cheese. Pico De Gallo: In a bowl stir together 1 cup chopped tomatoes; 2 tablespoons chopped red onion; 2 tablespoons snipped fresh cilantro; 1 tablespoon minced fresh jalapeño chile pepper; 1 tablespoon lime juice; 2 cloves garlic, minced; and 1¼ teaspoon salt. Chef's Secret: The chicken, chipotle crema, and Pico de Gallo can each be prepared, placed in airtight containers, and stored in the refrigerator up to 3 days. Nutrition Information Per Serving: 402 cal., 11 g total fat (3 g sat. fat), 82 mg chol., 492 mg sodium, 41 g carb. (8 g fiber, 13 g sugars), 36 g pro.

Ingredients 2 teaspoons finely shredded lime peel 1¼ cup lime juice 2 tablespoons agave nectar 6 cloves garlic, minced 2 teaspoons chili powder 1 1¼ pounds bone-in chicken breast halves, skinned 1¼ teaspoon black pepper 1¼ teaspoon salt 1¼ cup plain fat-free yogurt 1¼ cup light mayonnaise or salad dressing 2 canned chipotle chile peppers in adobo sauce, minced (about 1 tablespoon) 1 tablespoon lime juice 1 teaspoon agave nectar 4 corn tortillas Nonstick cooking spray 1 cup no-salt-added canned black beans, rinsed and drained 1¼ cup reduced-sodium chicken broth 4 cups shredded romaine lettuce 1 recipe Pico de Gallo 1¼ cup shredded reduced-fat Mexican-style four-cheese blend (1 ounce)

Diabetic Living® is the number one lifestyle magazine for people living with diabetes, written and reviewed by experts in diabetes management, as well as people living with diabetes. Visit [DiabeticLivingOnline.com](http://DiabeticLivingOnline.com) for more helpful tips and delicious recipes.

My husband's latest blood work showed elevated blood sugar not too far from a diabetic level. I immediately went into research mode and nabbed this cookbook to help me put together some new meal plans. I've tried 5 of the recipes in the last two weeks and all have been hits - my toddler has even been willing to try some which is saying a lot for someone who prefers all of her meals to be some variation of a pb&j sandwich. The biggest thing this book has done for us is show us how to build our plates and what true portion sizes should be.

this is a great book to help you eat healthy even if you are not diabetic. The recipes are easy and make great healthy dishes. I would recommend this book to anyone who is diabetic or trying to avoid becoming Type II diabetic.

Love this book! Beautiful format with tempting recipes and pictures. The recipes look simple enough to not be overwhelming. Along with those practical things it is sprinkled with great success stories and words of wisdom to help encourage and motivate. Great job to the contributors and editors! I have already recommended this to multiple people who have also raved about it.

This book has had some great recipes and helpful advice. We are just starting down the road of high blood sugar and it had some good information. I wish it was a little more in depth but it is mainly a cookbook so I will just order another book for more in depth research about lowering blood sugar. I would recommend this book for anyone recently diagnosed with Diabetes.

Beautiful pictures to help guide me. Easy to follow instructions. Presently my only draw back is that I need to buy some new products to complete the recipies with products I have never used before. But I'm working on it. Also liked the fact that this book can be opened and lays/lies flat on the counter.

Very good recipes and info

Good book.

A large selection of recipes and tips on controling and managing diabetes. Great pictures too, I'd recommend this book to anyone!

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