



# **Fix-It and Forget-It Slow Cooker Diabetic Cookbook: 550 Slow Cooker Favorites—to Include Everyone (Fix-It and Enjoy-It!)**

*Phyllis Good*

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**The classic slow cooker cookbook for diabetics--with nearly 600,000 copies sold--now available in a larger format!**

Millions of home cooks have fallen in love with the Fix-It and Forget-It cookbooks since the first title was released more than a dozen years ago. Now, these same beloved cookbooks are available in a larger format, making the recipes easier than ever to follow!

With diabetes threatening so many of us, a cookbook with reliable recipes is a must-have slow cooker resource. Fix-It and Forget-It cookbook maven, Phyllis Good, has teamed with the American Diabetes Association to provide complete Exchange Values and Basic Nutritional Values for each recipe. You can use these tasty and trusted recipes to plan your meals safely.

In addition to the Cookbook's scrumptious recipes from home cooks, the ADA has brought these new and helpful features to the book:

A Week of Menus, using recipes from the Cookbook. These show how to use a daily meal plan and stay within your calorie limit.

Clear Tips for planning meals and menus for those with diabetes.

Visual Clues for learning Portion Control. Plus information about how many servings of the various food groups to eat each day.

Answers to Frequently Asked Questions that are easy to understand, absorb—and live by!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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The reason why? Because this Fix-It and Forget-It Slow Cooker Diabetic Cookbook: 550 Slow Cooker Favorites—to Include Everyone (Fix-It and Enjoy-It!) is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such wonderful way makes the content interior easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have such as help improving your expertise and your critical thinking method. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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#### **Carmela Randle:**

In this age globalization it is important to someone to acquire information. The information will make

someone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to your account is Fix-It and Forget-It Slow Cooker Diabetic Cookbook: 550 Slow Cooker Favorites—to Include Everyone (Fix-It and Enjoy-It!) this publication consist a lot of the information of the condition of this world now. This specific book was represented how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The actual writer made some study when he makes this book. Honestly, that is why this book suited all of you.

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