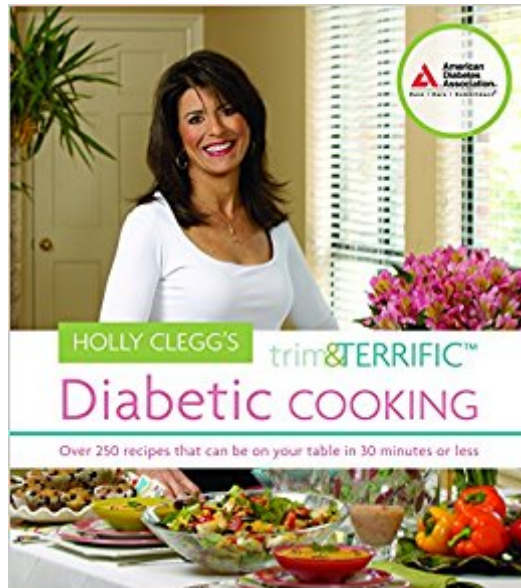




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Holly Clegg's Trim And Terrific Diabetic Cooking



Synopsis

Hundreds of recipes you'll swear are too good to be good for you! Holly Clegg has created a Trim & Terrific cookbook perfect for people with diabetes. Filled with over 250 diabetes-friendly recipes, it's packed with meals that are quick, easy, and delicious. Forget the hassle of diabetes menu-planning and rediscover the joys of great food. Effortless recipes, great food, and all of it in under 30 minutes or less --it doesn't get any easier than this!

Book Information

Paperback: 319 pages

Publisher: American Diabetes Association; 1 edition (June 22, 2007)

Language: English

ISBN-10: 1580402607

ISBN-13: 978-1580402606

Product Dimensions: 8 x 0.8 x 8.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 40 customer reviews

Best Sellers Rank: #670,881 in Books (See Top 100 in Books) #55 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #299 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #507 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

Customer Reviews

Holly Clegg is the author of 10 cookbooks, including the Trim & Terrific series, which has sold more than 400,000 copies. She regularly appears in national media, including NBC's "Today" show and "Fox & Friends."

I purchased this book because my son's girlfriend is diabetic and I wanted to serve her healthy food for her diet. We fell in love with these recipes. The ingredients are common ingredients you'll probably have on hand, no special shopping for something you've never heard of. The meals go together quickly, simply and taste delicious. I purchased a second copy of this cookbook to give away as a gift. I don't go out of my way to be in the kitchen, but I do have a family and they must eat, so why not serve healthy, simple meals that are delicious to boot? I think you'll like this cookbook.

We are not diabetic, but looking for a healthier way to cook some of our favorites and discovered this wonderful cookbook. Between myself, my 2 sisters and my brother - we each have a copy of this cookbook - and have made just about every recipe in it. Even the most picky eaters in our family have no complaints. I have given it as a gift and recommended it to a friend recently diagnosed with Diabetes. The recipes are easy to understand and make. A great book for beginning cooks to expand their cooking skills.

I purchased Holly's book because my sister has diabetes and I wanted to prepare healthy food for her. Holly's books never disappoint because her recipes are delicious and pleasurable. I always feel confident with Holly's books because she has gone through painstaking research to make sure each and every recipe is developed according to guidelines best suited for good nutrition. Besides, Holly is a beautiful, caring and gracious lady. I have met her at a couple of her books signings and was delighted. :)Jacquelyn

This cookbook is one of my very favorites. The recipes are flavorful and delicious, very quick and easy to make with items that are commonly stocked in my pantry. It is hard to believe that the recipes are suitable for diabetic diets and very healthy because they taste so delicious. My husband and I enjoyed the recipes so much that I have shared them with friends who are not diabetic and I even bought an additional copy as a gift for my daughter who is not on any restricted diet but enjoys delicious healthy food that is quick and easy to prepare. I highly recommend this cookbook.

I have several Diabetic cookbooks in my kitchen, but this one is one of the best. Easy to follow instructions. I have tried several of the recipes and they take very little prep time or cooking time. This is a good feature for me as I work outside of the home. My husband and son also are type 2 diabetics and they are enjoying the meals that I have created using this book. I recommend this Cook Book to anyone who enjoys cooking.

Holly Cleggs Trim & Terrific Diabetic Cooking - This is a terrific cookbook! I have prepared about a dozen recipes from this cookbook so far and have found only one recipe my husband and I did not care for. All the other recipes were delicious and I would certainly prepare them again and again. The recipes are easy to prepare with ingredients I have on hand or are easy to find at the grocery store. My husband who is diabetic has certainly enjoyed my new found love of cooking. I would highly recommend this cookbook to anyone - diabetic or not.

Very good recipes in this book as in all of Holly's books.

One of the best cookbooks ever. The oatmeal pancakes are the best. We make them over and over. Everyone raves about them. All of the recipes are fabulous. The only criticism I would make would be the portion sizes for one serving are very tiny making it look like all of the recipes are low fat, low carb etc. They are not and diabetic's obviously have to watch both of those. But it is a great cookbook.

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