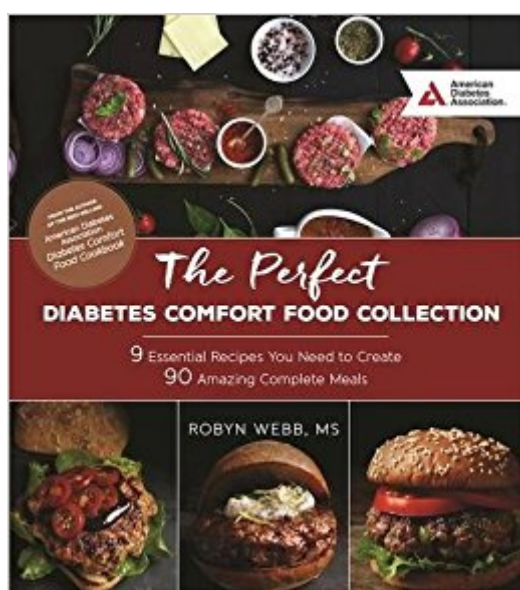


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# The Perfect Diabetes Comfort Food Collection: 9 Essential Recipes You Need To Create 90 Amazing Complete Meals



## Synopsis

Most home cooks have four or five go-to dishes they love to make. They may occasionally break out of routine and try new dishes, but they always end up coming back to the tried and true dishes they know and love. In *The Perfect Diabetes Comfort Food Collection*, Robyn Webb, author of the all-time best-selling *Diabetes Comfort Food Cookbook*, focuses on nine favorite comfort foods and makes ten variations of each to give home cooks new, healthy twists on the meals they crave. These all-American classics include: lasagna, meatloaf, burgers, stir-frys, tacos, main dish stews and soups, entree salads, chicken, and pasta. Along with nearly 100 classic recipes, this book also features a meal-planning section that helps readers match a favorite comfort food dish with classic sides to create hundreds of complete, nutritionally balanced meals designed to help control blood glucose levels and promote heart health. *The Perfect Diabetes Comfort Food Collection* combines the elements everyone loves—healthy comfort foods that are prepared quickly and come out tasting amazing.

## Book Information

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## Customer Reviews

For those with diabetes, or— for that matter, health— conscious people everywhere,— Robyn Webb’s— *The Perfect Diabetes Comfort Food Collection*— offers— a myriad great tasting, yet simple, creative— meals that reflect how real— people cook. The collection is a godsend and sure to become a go-to— classic in homes everywhere. Nathalie Dupree-cookbook author and television host— — Robyn clearly understands that having diabetes doesn’t mean

the end of good eating. As a diabetes educator, I love *The Perfect Diabetes Comfort Food Collection*. It's not just pages of complicated recipes, it's a system of meal planning chock full of easy recipes, paired with 1-3 suggested sides to make the perfect meal. And if you're a novice in the kitchen Robyn's taken care of that too. She gives tips for buying equipment, stocking your pantry and teaches techniques to ensure each recipe is a culinary delight.

Constance Brown-Riggs, MEd, RD, CDE, CDN, author of *The African American Guide to Living Well with Diabetes*

Robyn is a gifted cook and teacher. She makes preparing healthy meals effortless, delicious and attainable even for the busiest of families. This gorgeous book is filled with mouthwatering diabetes friendly recipes. It is a must have for anyone who wants to improve their health and look like a culinary rock star.

Dawn Lerman is a top Manhattan nutritionist, contributor to the Well blog of the NY Times and the author of the bestselling book, *My Fat Dad: A Memoir of Food, Love and Family, With Recipes*

Robyn Webb's latest cookbook, *The Perfect Diabetes Comfort Food Collection* is a must have for anyone who has diabetes. Each nutritious recipe is easy to prepare and absolutely delicious! As a registered dietitian, nutritionist and certified diabetes educator, I am constantly searching for healthy and diabetes-friendly recipes for my patients. This book is superior to other cookbooks because of the simplicity of flavorful recipes. Robyn's recipes are masterfully crafted to ensure a perfect outcome. The *Perfect Diabetes Comfort Food Collection* cookbook offers recipe suggestions for ANYONE who wants to eat delicious food while managing blood sugar levels. Robyn guides us through the recipes while taking the guesswork out of meal preparation. Whether you are newly diagnosed with diabetes, or are experienced with diabetes meal planning, this book will provide you with delicious recipes for you and your entire family.

THANK YOU Robyn for creating recipes that are delicious, nutritious and easy to prepare for people with diabetes and their families.

Susan Weiner, MS RDN CDE CDN 2015 AADE Diabetes Educator of the Year Medical Advisor, Healthline Author Robyn Webb really hits it out of the park with her latest book *The Perfect Diabetes Comfort Food Collection*. Her book approaches cooking in a simple, yet effective way by first breaking down and concentrating on a few cooking techniques, such as roasting and grilling. She then continues to describe a few core kitchen ingredients that she cross utilizes in many of her recipes. What I really adore about this book is how it focuses on popular food items, such as burgers, chicken breast, and meatloaf, and how to master the classic styles of each food. After giving you the 'classic' versions, Robyn then gets creative by making different variations to fit each person's personal taste. As a registered dietitian and someone who loves food, I would recommend this book to anyone because it takes

comfort food to a new level with its variety and craftiness, which is only surpassed by the fact that it focuses on diabetic eating principles. Robyn dispels the myths behind diabetic diets and shows how simple eating a whole foods diet really is. Get ready to take your taste buds on a flavor packed roller coaster ride! — Manuel Villacorta, M.S., R.D. Author of Whole BodyReboot —

Robyn Webb, MS, is an award-winning cookbook author, nutritionist, and the Food Editor of Diabetes Forecast. She has written 14 cookbooks, including the bestseller American Diabetes Association Diabetes Comfort Food Cookbook and has worked with Food Network, Martha Stewart Radio, Lifetime Television, Discovery Channel, CNN, CBS, ABC, ESPN, and many more. Robyn lives in Alexandria, VA.

Watching your diet when you are diabetic can be difficult, but with a few tools and a great cookbook, it becomes easy to be healthy and still enjoy a meal. The "Perfect Diabetes Comfort Food Collection," is easy to follow, beautifully illustrated and packed full of delicious recipes. One of additional benefits of this cookbook are the "Side," pages on the opposite page. For example you have Garden Salad with Balsamic Vinaigrette and on the opposite page there is Seared Chicken Breasts and Raspberries. This book is creative, informative and gives you the Exchange/Choices that you need to keep up with. You will love this cookbook! It is the "Perfect Comfort Cookbook." This is a cookbook that will become the one you grab for ideas to keep your meals fun and you may even lose a few of those unwanted pounds as well without sacrificing your need for a wonderful meal. I give this cookbook a 5 star rating!

I haven't used a cookbook in awhile,,, been searching for recipes on line and making the same old "stuff". However, I've been following Robyn Webb online during her travel adventures and found myself quite curious about her Comfort Food Collection. After perusing my copy this week,,,I am so excited to cook up some healthy fresh ideas. The book is inspirational and informative...and most of all the recipes are colorful, and easy to follow. Thank you Robyn,,,we are starting with the chapter 5 Pastas tonight and excited to continue on through chicken, meatloaf, salads, soups and more as the weeks progress!

If you have diabetes or cook for someone who does, this book is going to be your new best friend. Robyn Webb has been creating recipes that follow the ADA guidelines for a long time and every dish is fresh, beautiful, tasty and perfectly balanced. I have already made several dishes and am

sure I will be grabbing it at least a few times a week. Definitely one to add to your collection.

I absolutely love the books! The recipes are not complicate, not need to spend all day at the kitchen and most important, if you follow the instructions the result is a delicious healthy meal for you and your family. I highly recommend the book to those who like to eat well and hopefully avoid diabetes.

Great recipes that look and taste more like actual food than more diabetes cookbooks.

This book is filled with delicious meals. Filling and easy to make. I have been happy with each and every meal I have made. So far favorite is Lasagna Soup!

Easy to read and focus is on recipes, not chapters about diabetes. Would like to have seen more "side item" recipes.

Nothing really surprised me about the recipes in here. Probably could have gotten most, if not all of them online free.

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