

Everyday Diabetes Meals

Cooking for One or Two

150
Delicious
Recipes
+ 14-Day
Meal Plan

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Diabetes Deconstructed

♦ ♦ ♦
 We have learned that living with diabetes takes planning and effort. This lifestyle pursuit can seem daunting, but you are not alone and we know you will find your everyday much easier with this cookbook.
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EMBRACE DIABETES. We know you didn't choose to have diabetes and we know it is not your fault. If you have been diagnosed with diabetes in any form, focus on acceptance first. Then prepare yourself for a delicious life made easy with these 150 recipes created specifically for you or two in the Everyday Diabetes Meals for 1 or 2 People cookbook. As you turn the pages of this book, you will learn:

- The many faces of diabetes
- The complications associated with diabetes and when to screen for them
- The connection between inflammation, obesity, and diabetes
- The secret sauce for managing blood sugar
- When to eat saturated fat versus unsaturated fat
- How to prepare 150 recipes portioned and tailored to manage your blood sugar:
 - › Breakfast is served (45–60 g carbohydrates per meal)
 - › Lunches for you or two (45–60 g carbohydrates per meal)
 - › Dinner, party of two (45–60 g carbohydrates per meal)
 - › Savory snack recipes (15–30 g carbohydrates per meal)
 - › Sweet snack recipes (15–30 g carbohydrates per meal)
 - › Hungry for the holidays
 - › Everyday occasions
- The latest buzz on everything from clean eating to gluten-free

Diabetes affects 25.8 million Americans and is the seventh leading cause of death. Perhaps it affects you or your partner, directly or indirectly. Maybe your mother has type 2 diabetes and you fear that you will as well. Have you had gestational diabetes? Do you need help in preventing the further development of type 2 diabetes? Were you diagnosed with type 1 diabetes at 12 years old and you now need a quick refresher on the disease? Are you looking for a diabetes cookbook adapted to meet your single lifestyle? If so, this cookbook was made for you.

Registered dietitian Lisa Mikus and I have both been affected by diabetes. In fact, our families are both genetically predisposed to diabetes. We have learned that living with diabetes takes planning and effort. This lifestyle pursuit can seem daunting, but you are not alone and we know you will find your everyday much easier with this cookbook. Simply enjoy our 150 recipes made for just one or two servings to

ease any nutrition anxiety. We have done all of the work for you. Each recipe has been created to fall within a 45-gram to 60-gram carbohydrate range.

How Can These Recipes Help You?

If you make these recipes, you may:

- Eliminate or decrease risk of insulin resistance
- Eliminate or decrease hypoglycemic and hyperglycemic episodes
- Decrease the risk for health issues associated with diabetes
- Decrease time spent preparing meals
- Eliminate or decrease food waste
- Decrease your food shopping bill

These recipes can also:

- Improve blood sugar management
- Improve overall wellness
- Improve mindfulness
- Improve cooking skills
- Improve sleep
- Increase knowledge on diabetes and dispel diet myths
- Improve quality of life

What are you waiting for? Let's get started!

The Many Faces of Diabetes

First, let's deconstruct the many types of diabetes. Diabetes is not a singular diagnosis. There are many different forms of diabetes and many different reasons one may develop diabetes. This disease does not discriminate. You can be any age, gender or even seemingly healthy when you receive this lifetime diagnosis. Most people have heard of type 1 and type 2 diabetes. Type 1 was formerly known as juvenile-onset diabetes or insulin-dependent diabetes, and type 2 was called adult-onset diabetes. These names no longer ring true. Bear in mind that sometimes a medical doctor cannot determine which type of diabetes a person may have at the time of diagnosis or onset. This is especially true for adults. If you happen to find yourself in this situation, you are not alone and this does not mean your doctor is incompetent.

What is Type 1 Diabetes?

The first classification of diabetes is now called type 1 diabetes and is a result of beta-cell destruction, which typically leads to the loss of the sugar transport hormone, known as insulin. Type 1 diabetes, specifically immune-mediated diabetes,

DID YOU KNOW?

The Diabetic Ketoacidosis Connection

One-third of children presenting with diabetic ketoacidosis will be diagnosed with type 1 diabetes. This acute onset plus a random blood glucose level greater than or equal to 200 mg/dL (xxx mmol/L) can confirm type 1 diabetes.

Blueberry Yogurt Scones

MAKES 2 SERVINGS

Yes, you can have your scone and eat it too! You will take a bite and experience blueberry bliss. Enjoy with a Greek yogurt for a source of protein to balance your blood sugar.

HEALTH BITE

The phytonutrients in blueberries may help to improve insulin sensitivity and therefore decrease insulin resistance.

- Preheat oven to 400°F (200°F)
- Baking sheet, lined with parchment paper

1/4 cup	all-purpose flour	60 mL
1/4 cup	whole wheat flour	60 mL
1/2 tsp	baking powder	2 mL
1 tsp	granulated sugar	5 mL
1 tbsp	cold butter, cut into small pieces	15 mL
1	large egg	1
1/4 cup	2% vanilla Greek yogurt	60 mL
1 tsp	grated orange zest	5 mL
1 tsp	vanilla extract	5 mL
2 tbsp	blueberries	30 mL
Pinch	salt	Pinch

1. In a large bowl, whisk together all-purpose flour, whole wheat flour, baking powder and sugar. Using a fork, cut in butter until crumbly.
2. In a medium bowl, whisk together egg, yogurt, orange zest and vanilla. Add to the flour mixture, stirring until well combined. Gently fold in blueberries, making sure not to overmix.
3. Divide dough in half and place both halves on prepared baking sheet. Sprinkle with salt.
4. Bake in preheated oven for 10 to 12 minutes or until edges are golden brown. Transfer scones to a wire rack to cool.

NUTRIENTS PER SERVING			
Calories	241	Fiber	2 g (10% DV)
Fat	9 g	Protein	10 g
Saturated fat	5 g	Calcium	133 mg (13% DV)
Sodium	244 mg (10% DV)	Iron	2 mg (10% DV)
Carbohydrate	30 g	Vitamin D	26 IU (7% DV)



Chapter 1: Diabetes Deconstructed

The Many Faces of
Diabetes

What Are All These
Numbers and Letters?

The Heart of the Matter
Eyes, Nerves and Kidneys

Be Your Own Advocate
Inflammation, Obesity
and Diabetes

Chapter 2: The Everyday Diabetes Non-Diet Starts Now

Living the Single-Serving
Lifestyle

What Is a Single Serving?
Consistent Carbohydrates
Throughout the Day

Having a Choice

No Perfect Diet

The Facts on Fat

The Final Fat Verdict

Sweet Snacks and
Butter Pats

Let's Get Physical

Sweet Dreams and
Everyday Diabetes

The Positive Effects of
Mindfulness

Chapter 3: 21 Questions Answered for Everyday Diabetes

1. Should I follow a
gluten-free diet?

2. Is sugar bad?

3. Why do I become
hypoglycemic a day
after I exercise?

4. Is clean eating for me?

5. What is sustainable
living?

6. Should I eat sugar-free?
7. Is it better to follow the
ketogenic diet?

8. Why did I gain weight
when I started taking
insulin?

9. Can I drink coconut
water if I have
diabetes?

10. With what fruits
should I pay extra
for the organic
certification?

11. Why do I wake up with
high blood glucose
every morning?

12. Can I drink coffee
every day?

13. Can I ever eat cake
again?

14. What is the difference
between an insulin
pump, a blood
glucose meter and
a glucosensor?

15. Can I do a juice
cleanse?

16. Why do I crave sugar?
17. What is the
relationship between
low bone density and
diabetes mellitus?

18. What is diabetes
mellitus 1.5?

19. Why does my blood
sugar increase after
my killer cardio class?

20. Do I need to lose
weight?

21. Can I drink alcohol
ever again?

Breakfast Is Served

Blueberry Boost Parfait
Homemade Granola

Overnight Oats with
Peanut Butter

Savory Porridge

Quinoa Porridge

Hummus and Lox Bagel
Breakfast

Italian Baked Eggs with
Ciabatta Toast

Avocado Toast with a
Twist

"You're the Egg to my
Bacon"

Everyday Breakfast
Sandwich

Fiesta Eggs Benedict

Huevos Rancheros

Egg Strata with Spinach,
Mushrooms and
Chicken Sausage

"Bibimbap" Breakfast Bowl

Buckwheat, Flax, and
Banana Pancakes

Power Pumpkin Pancakes

Rosemary Potato
Pancakes with Salmon

Whole Wheat French
Toast

Toast with Ricotta
and Jam

Chocobutter Berrywich

Cranberry Nut Orange
Bread

Whole-Grain Blackberry
Coffee Cake Muffins

Kitchen Sink Muffins

Blueberry Yogurt
Scones

Coconut Berry Yogurt
Smoothie

Avocado Cucumber Soup

Tomato Tortellini Soup

Turkey Noodle Soup

Arugula, Pear and Blue
Cheese Salad

Kale Salad with Pine
Nuts, Endive and
Champagne Vinaigrette

Pesto Pasta Salad with
Vegetables

Chickpea Salad with
Savory Greek Yogurt
Dressing

Grilled Salmon over
Chopped Greek Salad

Pasta Salad with Grilled
Chicken

CABB Salad (Chicken,
Apple, Brussels Sprouts
and Bacon)

Chicken Waldorf Salad

Curry and Harissa Chicken
Salad

Peanut Butter and Jelly
Sandwich

Pesto Grilled Cheese

Buffalo Mozzarella, Basil
and Tomato Panini

Deviled Egg Wrap

Classic Tuna Wrap

No Skimpy Shrimp Salad

Sandwich

Italian Hero Sandwich

Bite-Size Burgers

No-Cook Zucchini
Marinara Pasta with
Roasted Chickpeas

Vegan Macro Bowl

Italian Tuna-Stuffed
Peppers

Tuscan Sausage and
Polenta

Beef Tacos

**Dinner, Party
of Two**

Mexican Quinoa and
Veggie-Stuffed Peppers

Sticky Black Bean Burger
with Pickled Veggie
Ribbons

Garlicky Tofu and String
Beans

Orange-Glazed Tofu
over Brown Rice and
Sautéed Vegetables

Chinese Five-Spice
Tempeh

Margherita Flatbread

Personal Crustless Quiche

Citrus Fish Fajitas

Herb-Roasted Salmon
with Garlic Mashed
Potatoes

Salmon with Peaches

Weeknight Salmon Patties

Swordfish Steaks with
Lemon and Mustard
Vinaigrette

Tuna Casserole

Peel-and-Eat Old Bay
Shrimp

Grilled Shrimp and
Kale Caesar

Rosemary and Garlic
Shrimp Bruschetta

Stir-Fried Peppered
Shrimp with Cockles

Pasta and Shrimp with
Spicy Tomato Spinach
Cream Sauce

Baked Seafood Scampi
with Shrimp and Clams

Angel Hair Pasta with
Shrimp, Sun-Dried
Tomatoes and Peppers

Shrimp Pad Thai

Cauliflower Fried Rice
with Shrimp

BBQ Chicken with Corn
Muffins

Baked Chicken with
Dates, Capers and
Olives

Mama's Chicken Parmesan

Chicken Marsala

Chicken Tetrazzini

Chicken Burrito Bowl

Tortellini Pasta Salad

Chinese Chicken Salad

Hoisin Chicken

Pulled Chicken Tacos

"It's Greek to Me" Burgers

Old Bay Turkey Topas

Baked Pasta

Herbed Pork Tenderloin
with Smashed Potatoes

Grilled Pork Chops
with Brown Sugar,
Cinnamon and Ginger
Apples

Pork Lo Mein

Pork Green Chili

Steak with Chimichurri

Marinated Beef
Tenderloin and Grilled
Corn Salad

Hearty Beef Stew

Browned Beef Chili

My Great Grandma's
Italian Meatballs and
Sauce

Meatloaf with Sweet
Potato Fries

Savory Snacks

Spicy Sweet Potato Chips
and Creamy Onion Dip

Personal Artichoke and
Spinach Party Dip

Limelight Guacamole

Spicy Sun-Dried Tomato
Hummus

Olive Tapenade

Salted Fig and Pine Nut
Parfait

Balsamic Avocado

Beet and Goat Cheese
Salad

Shaved Brussels Sprouts
with Cranberries

Olive and Feta Salad

Edamame with Pickled
Ginger Salad

Roasted Garlic Pita Points

Becca's Baked Brie with
Apple Dippers

Piña Colada Cornmeal
Muffins

Vodka-Infused
Watermelon Topped
with Whipped Ricotta
and Honey Basil

Vinaigrette

Sweet Snacks

Oatmeal Chocolate Chip
Cookies

Quinoa Raisin Cookies

S'mores

Peanut Butter Energy
Balls

"Crave No More"
Cupcakes

Lemon Ginger Cupcakes

Grapefruit Olive Oil Cake

No-Bake Key Lime Pie

Ambrosia

Chocolate Mousse

Cinnamon Chia Peach
Pudding

Avocado Ice Cream

Salted Cocoa Berries

Baked Cardamom Apples

Chocolate Nut Butter
Banana Kabob

**Bonus Section 1:
Hungry for the
Holidays**

New Year's Day: Texas
Caviar

Valentine's Day: Tagliatelle
with Pork Ragù

St. Patrick's Day: Slow
Cooker Corned Beef,
Potatoes and Cabbage

Easter: Nanny's Macaroni
Salad

Passover: Haroset

Mother's Day: Strawberry
Quinoa Salad

Father's Day: Sauerkraut

Ramadan: Red Lentil
Soup

Independence Day:
Strawberry Crêpes with
a Balsamic Reduction

Halloween: Pumpkin
Beef Stew

Thanksgiving: Mom's
Pumpkin Bread

Hanukkah: Matzo Ball
Soup

Christmas: Cinnamon and
Nutmeg Acorn Squash

Kwanzaa: Cajun Catfish
and Spicy Sautéed
Okra Salad

**Bonus Section 2:
Everyday
Occasions**

Hanging Out with a
Friend: Fennel Sweet
Potato Salad

Tea Time: Traditional
Cucumber and Cream
Cheese Tea Sandwich

Date Night: Prosciutto
Flatbread

Birthday Dinner: Branzino
with Capers

Summer BBQ: Grilled
Zucchini, Mushroom
and Feta Salad

Beach Picnic: Chilled
Gazpacho

Trailside Eats: Trail Mix
"GRAM"

Movie Night: Parmesan
and Paprika Popcorn

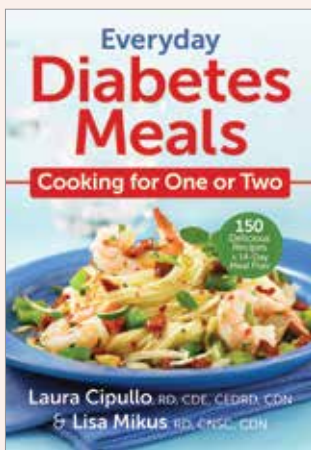
Game Night: Rosemary
Roasted Cashews and
Walnuts

Super Bowl Sunday:
Turkey Chili with Corn
Chips

Snow Day: Dark Hot
Chocolate

References

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272 pages total
\$27.95 CA / \$24.95 US
7" x 10" • Index
16 color photographs
ISBN 978-0-7788-0566-3
March 2017

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Laura Cipullo, RD, CDE, CEDRD, CDN, is NYC's expert Registered Dietitian, Certified Diabetes Educator, Certified Eating Disorder Registered Dietitian, Registered Yoga Teacher and President of the International Association of Eating Disorder Professionals. With almost 20 years of clinical experience, Laura is able to weave an art as well as evidenced-based science into treating clients, authoring books, speaking, presenting, and engaging in all media outlets.

Lisa Mikus, RD, CNSC, CDN, is a Registered Dietitian and a Certified Nutrition Support Clinician. She uses her strong clinical skills to support her true passion of counselling patients in the outpatient setting.

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Everyday Diabetes Meals Cooking for One or Two

**The recipes are designed for one or two people,
but can be easily scaled up if you're entertaining**

Selling Points

- Careful meal planning is key when it comes to managing diabetes but these healthy and delicious recipes help you do that
- The recipes are specifically designed for two people but can be easily halved
- 150 recipes will ease any nutrition anxiety because all the nutritional work has been done for you - each recipe meets the recommendation standard of 45 grams to 60 grams of allotted carbohydrates recommended by the American Diabetes Association
- These recipes will eliminate or decrease the risk of insulin resistance, eliminate or decrease hypoglycemic and hyperglycemic episodes and decrease your risk for the health issues associated with diabetes, you'll reduce your food bill, your waistline and improve your blood sugar management!
- There's a recipe for every meal and occasion – from workday lunches to birthday dinners, Thanksgiving dinner and gluten-free options
- Includes excellent reference information on the many faces of diabetes, complications associated with diabetes and when to screen for them as well as the connection between inflammation, obesity and diabetes

Living with diabetes takes planning, effort and thought – this shift in lifestyle can seem daunting but this cookbook makes it easy

Marketing & Publicity

Robert Rose will launch a highly targeted marketing & publicity campaign across all platforms in North America, including regional and national print, radio, TV and online media.

- 4,115 Health-Related Cookbook/Food writers/reviewers
- 3,534 Lifestyle writers/reviewers
- 2,375 Women's Interest & Lifestyle writers & reviewers
- 1,717 Diabetes/Nutrition/Personal Health & Wellness writers/reviewers
- 408 Non-Fiction + News/Features + New Product writers & reviewers