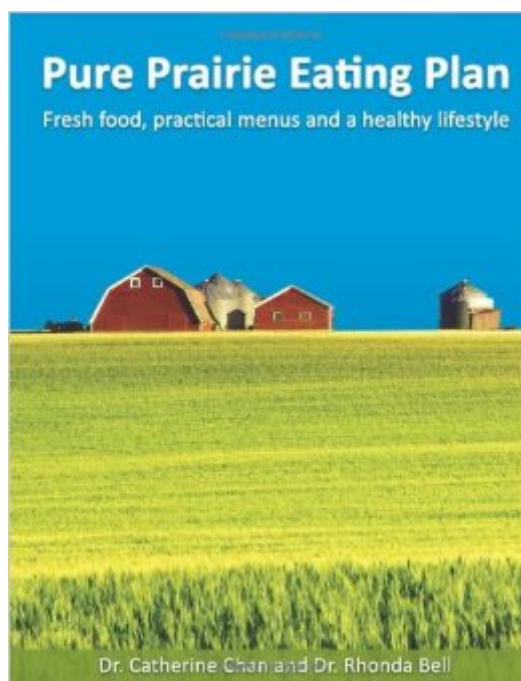


The book was found

# Pure Prairie Eating Plan: Fresh Food, Practical Menus And A Healthy Lifestyle



## Synopsis

The Pure Prairie Eating Plan is a "Mediterranean Diet" for the prairies, featuring the home-grown goodness of foods produced locally. The Pure Prairie Eating Plan (PPEP) is a four week structured menu plan for a well-balanced diet, initially developed for people with type 2 diabetes but healthy for everyone. PPEP emphasizes foods that are locally grown or produced, readily available and acceptable to people living on the prairies. PPEP provides supporting resources such as recipes, weekly grocery lists and cooking tips to make it very practical.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (22 customer reviews)

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## Customer Reviews

I am such a believer in the benefits of balancing blood sugar levels and eating fresh locally grown fruits and veggies. This book provides an opportunity for me to eat this way with such delicious recipes. Love it!! It has great pictures for each recipe and is well written with simple instructions. I am excited to try every single recipe. Thank-you for creating this resource for healthy eating!

Overall a great book. It's not only visually appealing, but user friendly too. Ingredients and recipes are reflective of how western Canadians eat, making the recipes an easy transition into users lifestyle. I like that the book provides grocery lists as well the snippets of health and recipe tips throughout. Also included was educational information of certain ingredients (example legumes). This may help to ease the anxiety of those who may be trying an ingredient for the first time. I also liked the tips to reduce or increase the daily calories so users are better able to adjust the portions to meet their needs. The per-serving and daily nutritional information is included as well. This makes it useful for people with specific dietary needs such as diabetes. If I could make a small suggestions

for the next edition it would be to include the sodium in the nutritional information. Otherwise, I will be recommending this book to my patients!

This eating plan is very well thought out and clearly written. Most ingredients are readily available in our area. Pictures are very helpful. I am a diabetic and I enjoy that I do not have to wonder if these recipe are good for me. The day is fully planned, no more last minute scrambles. I have one other diabetic cook book that was written some time ago. The record keeping has changed and this book reflects the new system. I have used this book for 2 weeks.

I have cooked one of the soup recipes and tasted some of the cookies. The soup was delicious and very, very easy to make. The best part was I had lunch taken care of for a week!! I really like that each recipe comes with complete nutritional information. That alone sets this book apart from others. It is a bargain at this discount price for a new and innovative cook book. Can't wait to cook all of the meals and lose my winter blubber.

I was just a bit disappointed that since these were supposed to be 'pure prairie' recipes that there were things like bananas & avocados used. Lived on the prairies for a long time and feel quite sure those things don't grow here. The book was very well organized and informative so it certainly deserves a plus for that. The layout was excellent as well.

This cookbook was sensible - uses things I have, lots of good advice and the recipes are not complicated. They are the type of meals you can make on a work night don't need hours and hours. The suggestions on how to make one meal stretch into two is very useful. The chart on which spice to use with which food is handy. If you are looking for a cookbook to kickstart a better eating lifestyle this is the one.

I CHOSE THIS BOOK BECAUSE I WANTED TO CHANGE OUR EATING AND MAKE IT MORE HEALTHY. THE OPTION OF USING FOODS PRODUCED AND GROWN LOCALLY APPEALED TO ME. THEY WERE AFTER ALL THE FOODS I'D GROWN UP WITH. A HEALTHY WAY OF EATING THESE FOODS SHOWED A LOT OF APPEAL.

The book jumped around a lot. Purchasing not that simple as far as groceries go. Manner in which its set up is not simple for use. Would not necessarily recommend it for anyone to buy, although

would discuss it with others.

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