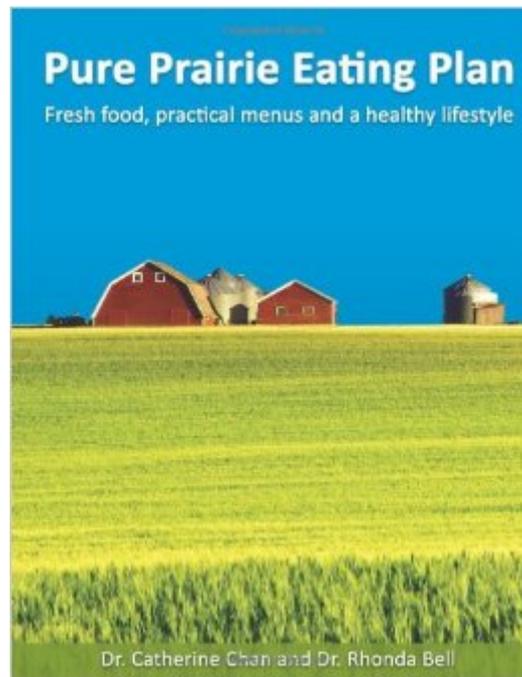


The book was found

# 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

Paperback: 188 pages

Publisher: University of Alberta Press; First Edition edition (December 19, 2013)

Language: English

ISBN-10: 1551953234

ISBN-13: 978-1551953236

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #1,384,704 in Books (See Top 100 in Books) #84 in [Books > Cookbooks, Food & Wine > Regional & International > Canadian](#)

## 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.

[Download to continue reading...](#)

Pure Prairie Eating Plan: Fresh food, practical menus and a healthy lifestyle BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Food Service Menus: Pricing and Managing the Food Service Menu for Maximum Profit (The Food Service Professional Guide to Series 13) The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results Cooking Fresh from the Bay Area (Eating Fresh Guides) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Pure Love, Pure Life: Exploring God's Heart on Purity The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) His Prairie Sweetheart (Prairie Brides Book Five) The Grain-Free Family Table: 125 Delicious Recipes for Fresh, Healthy Eating Every Day Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets EAT, DRINK, AND BE HEALTHY: The Harvard Medical School Guide to Healthy Eating Travel Healthy: A Road Warrior's Guide to Eating Healthy Pure Juice: Fresh & Easy Recipes Pure Flavor: 125 Fresh All-American Recipes from the Pacific Northwest The Clean Eating Cookbook and Diet: Over 100 Healthy Whole Food Recipes and Meal Plans The Paleo Kids Cookbook: Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD)

[Dmca](#)