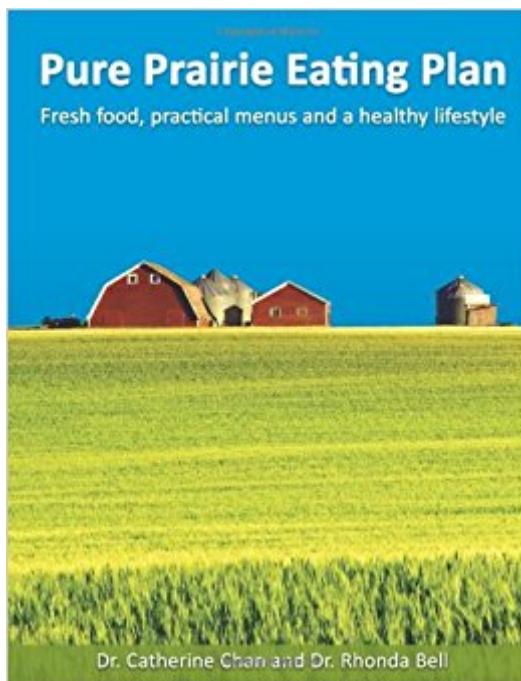


The book was found

# 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: 4.4 out of 5 stars 23 customer reviews

Best Sellers Rank: #1,214,754 in Books (See Top 100 in Books) #89 in Books > Cookbooks, Food & Wine > Regional & International > Canadian

## Customer Reviews

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 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!

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 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.

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.

Excellent..

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 Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean

Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Low FODMAP Menus for Irritable Bowel Syndrome: Menus for those on a low FODMAP diet Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Fruitarian Living - Eating What Nature Provides: The Adam & Eve Diet - Pure Healthy Eating Food Service Menus: Pricing and Managing the Food Service Menu for Maximun Profit (The Food Service Professional Guide to Series 13) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Cooking the Whole Foods Way: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 VeganRecipes , Menus, Techniques, Meal Planning, Buying Tips, Wit, and Wisdom Air Fryer Recipes: 150 Super Easy, Healthy Recipes For Busy Lifestyle ( Weight Loss, Healthy Living, Clean Eating) Anti-Inflammatory Elimination Diet Health Food Plan (The O Diet): Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy ... Diet: Your Diet Plan Book 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ( (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle)

[Contact Us](#)

DMCA

Privacy

FAQ & Help