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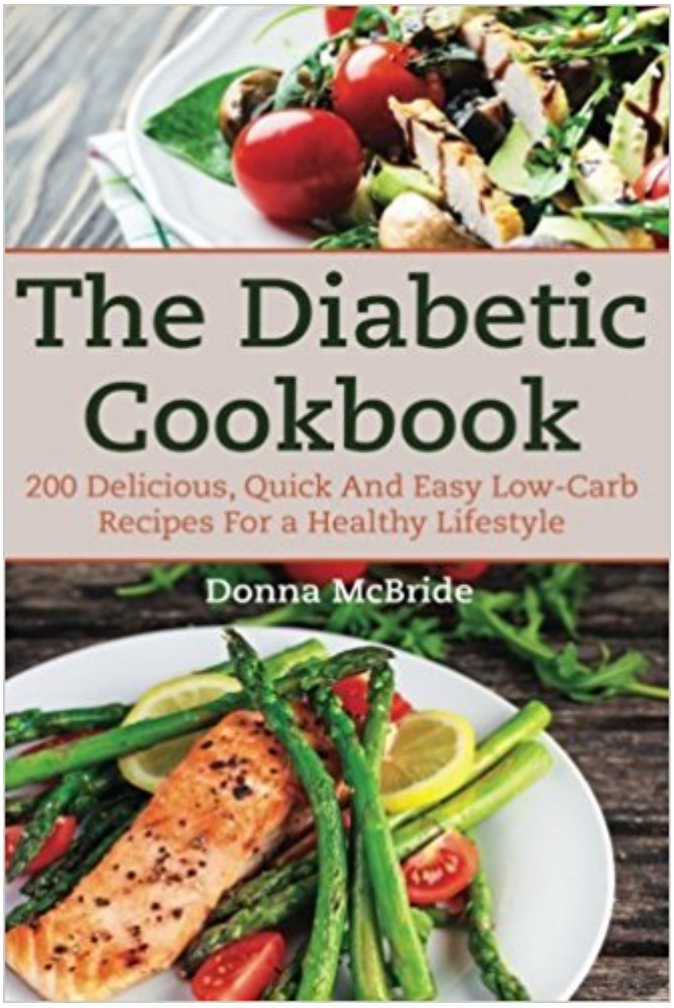
Diabetic Cookbook: 200 Recipes Delicious, Quick And Easy Low- Carb Recipes For A Healthy Lifestyle



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Synopsis

Are you a diabetic who is tired of eating things that taste more like cardboard than real food? Are you looking for better ways to incorporate delicious food in your life without sacrificing your overall health? Then I am here to inform you that you have stumbled upon the right place! This diabetic cookbook is filled with 200 delectable, delightful, quick-and-easy-to-make, low-carb recipes that will have you wondering if you are just eating or also treating yourself! Diabetes is a disease that is quite manageable and can be best reigned in by what we consume on a daily basis. In order to keep your diabetes at bay, these recipes will help you to successfully do just that, all while you satisfy your taste buds with a variety of delicious recipes! What do you have to lose? Help yourself to a nice helping of what the Diabetic Cookbook has to offer!

Book Information

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Customer Reviews

Very simple and attractive combinations....It chooses your food for you, balanced and portion control...If you dislike one item, it can always be changed out for another.. I wish there were more books: One for breakfasts & one for lunch.

My auntÃƒÂ¢Ã â ¬Ã â„¢s a diabetic, so this cookbook was useful in. Most of these free for review books, I usually read and cook a few recipes and am either sufficiently impressed or disappointed. This book was smackdabded in the middle. The smoothie recipes, I glossed over and the tofu scramble was a moderate success, I just need to add a little grated cheese and omit the dry mustard next time I make it for her. The raging success was the peach pancakes, I think she just

liked that it was sweet. The recipes found in here are good even if you arenÃƒÂ¢Ã â ¬Ã â„¢t a diabetic as they are portioned out for two people aka food for now and later.

I am what my Dr. calls "pre-diabetic," and so I've changed my diet drastically. I like this cookbook because each recipe gives a complete per serving count of fat, trans Fat, sodium, carbs, sugar, protein, and of course, calories. A lot of the recipes call for packaged or prepared store-bought items, however, and I now have the time to make my food totally from scratch. That's the only reason I couldn't give it 5 stars. The book itself is delightful, pictures of everything, and clear instructions.

My moms a diabetic so I thought this would be a great book for her to try some new recipes. It has lots of delicious recipes that not only diabetics can enjoy but those without as well. I love the sample menus and shopping lists they give that really helps those with meal planning. I plan on getting a hard copy to send to my mom so she can try all these recipes. I can't wait for her to try these delicious pancake recipes. If you are a diabetic this is definitely a book you want to add to your kitchen.

I cherish this cook book! My mate was all of a sudden determined to have diabetes and it was hard arranging dinners and cooking for him and my children without making separate suppers. This book enables me to make the astonishing suppers that everybody cherishes. Presently my children are eating more beneficial and they didn't see and my better half never again feels like he's passing up a great opportunity for all the great sustenance. Love this book!

My mother recently found out that she is diabetic so this cookbook has been a lifesaver for her. She has tried a bunch of the recipes and while they are not very flavorful when made exactly by the recipe, that is easily fixed with spices. Thank god she doesn't have high blood pressure or we would have major issues! LOL This book is very useful for determining portion sizes and how to make sure you get the right amount of nutrients during a day's time.

I love this cook book! My spouse was suddenly diagnosed with diabetes and it was hard planning meals and cooking for him and my kids with out making separate meals. This book allows me to make the amazing meals that everyone loves. Now my kids are eating healthier and they didn't even notice and my husband no longer feels like he's missing out on all the good food. Love this

book!

I’m not even diabetic, but my immediate family has been dealing with the disease for years. I also have friends who are diabetic and when it comes to eating, they are faced with more lists of "don’ts" than "do’s." I wanted to offer them some interesting alternatives for their palate that was NOT processed, restrictive, and unhealthy. This book met my parameters.

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