



Diabetic Recipes: Top 365 Diabetic Friendly Easy to Cook Scrumptious Dinner Recipes (2) (Volume 2)

Mr K.M. Kassi, Mr Andrew Johnson

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This book contains proven steps and strategies on how to cook healthy and delicious dinner dishes for people with diabetes. According to studies, over 400 million people around the world are afflicted by diabetes. This kind of metabolic disease is on the rise and there is no sign of letting up anytime soon. But this does not mean that you cannot enjoy flavorful dishes. You can choose from a good number of recipes all year round, try different variations, and create your own version of the recipes found in this eBook. The connection between your weight, blood sugar, and insulin all come down to one major influencer – food. It is a major indicator of your weight, the amount of insulin the body produces, and your blood sugar level. Fortunately, not all food causes your sugar to spike to the roof. There are still a good number of food that are diabetic-friendly. It is for this reason that this book is created; for you to have a guide of some of the best meals for people with diabetes. In this eBook, we have included diabetic-friendly main dishes, fish and seafood, soups, salads, and a whole lot more. All the recipes call for non-fat, whole grain, and lean meat, and beans. The best part is that they are easy to make. While going through the chapter, you will realize that even if you are challenged with diabetes, you can still make meals that are delicious and healthy for you and your family to enjoy. It is all about eating healthy and keeping a well-balanced meal. Take action today and buy this book for a limited time discount of only \$14.25! Tags: Diabetes, Diabetic Cookbook, Diabetic Recipes, Special Diet, Diabetic and Sugar- Free, Cookbooks, Food and Wine, Dinner Recipes, Low-carb Diet, Healthy, Paleo Diet, Ketogenic Diet.

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