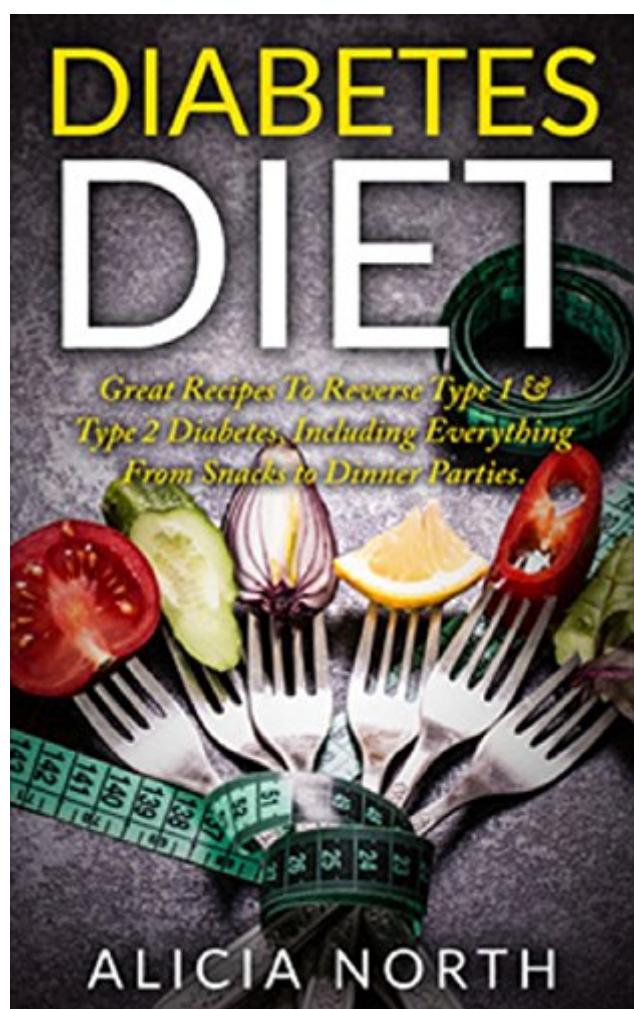


The book was found

Diabetes Diet Healthy Nutritious Diabetes Recipes To Control & Reverse Type 1 & 2 Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook)



Synopsis

This fantastic book contains 25 great recipes specifically designed for Diabetes sufferers. It has been carefully produced to provide the maximum benefits with wonderful taste. This book will help you control and reverse your Diabetes. It is overwhelming and often frightening if you are diagnosed with diabetes, particularly when it comes to maintaining a diet plan. Remember, you can still live a healthy, happy life, even if you are diagnosed with diabetes. You just have to follow the right diet, which is the basis of successful management of diabetes. The guide will show you that diabetic recipes can be both nutritious and exciting and will keep you satisfied, alert and ready for any challenges that life throws at you. The book will show you how you can enjoy your favorite dishes with a few tweaks. This cookbook contains delicious, tasty recipes that provide healthy, high energy meals covering breakfasts, appetizers, main meals, snacks, desserts and even smoothies. The recipes in this book will help make your mealtimes interesting and healthy and improve blood glucose, blood pressure, cholesterol numbers and help control diabetes. Here is a preview of what you will learn:

Breakfasts
Appetizers
Main Meals
Snacks
Desserts
Smoothies

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Book Information

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Customer Reviews

This book is written from first-hand experience of the writer's struggle with diabetes, and so helped me to trust the information within it a lot more. It starts off with a personal story reflecting their struggle and leads into the facts behind the condition, which I felt was a good transition. Overall it provides a lot of information and provides a great resource for anyone who's struggled to find the right diet before that works with their diabetes. I thank the author for such an excellent book.

This book is very helpful. I've been doing this diet program for months now and I got like 4 books about diabetes. This book made my everyday meal amazing and at the same time helps me to become more healthy. The guidelines and the recipes options are very amazing. I've tried the Asparagus and Cheese Omelet and the Red Lentil Curry, tasty and very healthy. I can't wait to try something new this coming weekend. Nice book.

We all know that if we have diabetes, our food intakes are limited. My mom is a type 2 diabetic and we are having a hard time on choosing ingredients for her foods and even for her fruits. When I saw this book, I grab it right away and check the recipes on it. I am glad that this book contains all varieties of foods from breakfast to dinner. Alicia North also provides precise advice and the amount of the food a diabetic should take in each meal and that is one I really love in this book. I already shared and recommend this book to all my mom's friends who are also suffering from diabetes.

This is a very lovely and useful book, I have an who is diagnosed with diabetes, and after I show him this book for the past a week now his has really seen changes in it. This book is very informative and tells you how to control the way you eat, what to eat and what not to eat in order to control diabetes, your sugar level and also live a healthy and good life without fear. This book also tells how exercise can control your sugar level to prevent diabetes also. I would love to recommend this book to everyone who loves a good and healthy life.

These are the recipes we already tried from this book. I never thought that you cannot enjoy eating if you have diabetes or you are suffering from diabetes. In this book, the author will give you so many recipes you can try to serve for your loved one who are suffering from diabetes. The book served you breakfast recipes, lunch, dinner, even appetizers and desserts. The ingredients are so easy to find and it is very simple to create a very delicious recipes that you can prepare and serve to your family.

This is an excellent helpful and a very informative guide. It's well-written and easy to understand. There are some great ideas to gain. It contains valuable advice and awareness of the risk factors associated with DIABETES that are very easy to follow. Overall, it's a great useful and helpful guide. Written with a clear approach, this book will help you build the foundations to living a diabetes free life.

A complete book that contains tips and instructions to control Diabetes. It actually answered all my questions and I feel like I learned something. The plan that Alicia presents is well-designed and just delicious. This book has included many choices of diabetic food such as different vegetables and herbs. The breakfast and snack recipes are healthy and easy to make. Amazing book. Great job by the author.

Now a day one of the great problem disease Diabetes among the Disease. I saw my uncle was faced this problem. Every day he woke up early in the morning for running and fit his health. When I found and read this book I told my uncle if you follow this book then you'll feel better. In this book author describe many helpful food for Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2 Diabetes. Now, my uncle is feel good and he recommend this book for every body who have faced same problem.

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