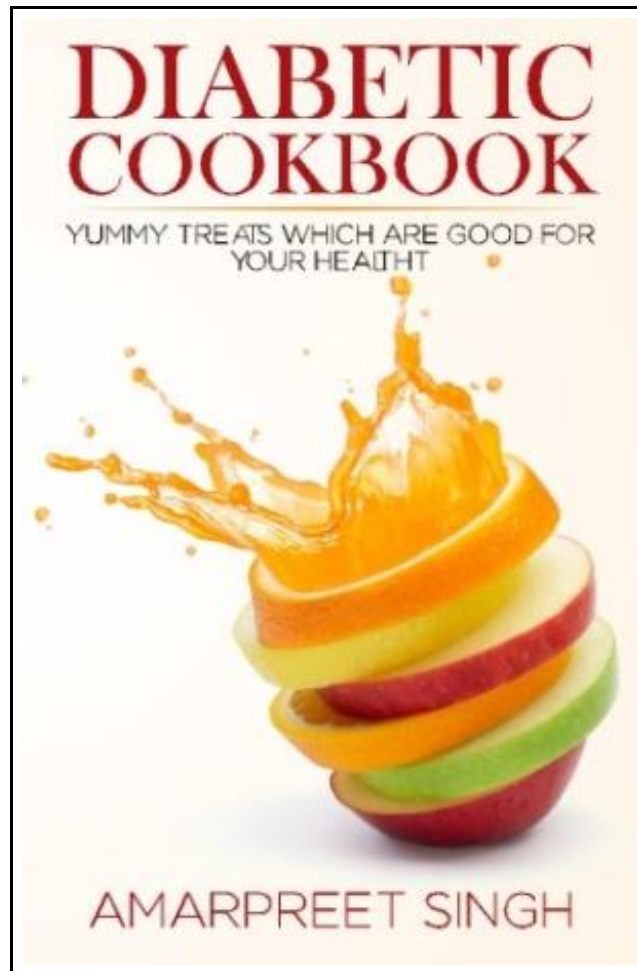


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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Yummy treats that do wonders for your health! Diabetic recipes needn't be tasteless! Nor are diabetics an unfortunate lot - check these amazing recipes out. They're a delicious treat! As you already know, diabetes can be managed through healthy food choices. Do these choices tend to be unappetizing? Not any more. The recipes in this cookbook are as tasty as they are healthy. Try them and you'll not miss the usual food, that's a promise! Good health and great taste finally meet - in these pages! Diabetics were at the receiving end for too long. In this collection of diabetic recipes, it's proven that healthy food can indeed be tasty! A healthy meal plan is important for diabetes control. It should take into consideration your blood sugar levels, weight, medication and any other condition you might have. Do consult your doctor. These recipes are specially designed to supplement your meal plan. Enjoy! Begin with a healthy breakfast - the day's most important meal! Eat healthy through all your meals during the day. But stay light - so you can control those calories as well as remain fit! Diabetics need to eat low-fat, fiber-rich foods with a generous sprinkling of fruits. Our recipes take care of your dietary requirements and come with a welcome addition: Taste. While you are supplied with all essential nutrients, you can now have delicious meals all day. And it's all in this eBook!.



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