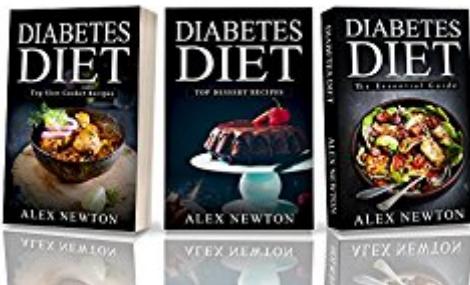


The book was found

Diabetes Diet: The Step By Step Guide To Reverse Diabetes- 3 In 1 BOX SET© Over 800+ Delicious Recipes & Two FULL Months Diabetic Meal Plan (Diabetes Cure BOX SET Cook Book)



Synopsis

Cure Your Diabetes Once and For All with Over 800+ Diabetic recipes & 2 FULL Months Meal Plans- All you will EVER Need!This 3 in 1 BOX SET includes the Top 800+ Recipes That Reverse Diabetes - Delicious Breakfast, Lunch, Dessert & Snack Recipes as well as One Full Month Meal Plan included in this Book!Introducing the Revolutionary Diabetes Diet...In this guide, you will find Scientifically Proven Strategies to help your body reverse hyperglycemia the using the Diabetes Diet. You will also find one FULL month meal plan to make the transition easy!On this diet you'll be getting plenty of Good Fats from cold pressed oils, nuts and seeds,grass fed meat and eliminating all unnatural and processed foods.This book will use a step-wise approach to take you through the Diabetes Diet and further beyond into the practical application of making healthy and super tasty recipes.Think of the Diabetes Diet like pushing the "reset" button with your overall health, relationship with food and your lifestyle habits.This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness, and above all, reverse DiabetesThis book will teach you exactly what you need to know about the Diabetes Diet as well as it's many Advantages and Health Benefits.Have a look Inside...What is the Diabetes Diet Plan?The Truth about Carbs & SugarStrategies for SuccessThe Sugar DetoxCleansing and detoxifying naturallyFour reasons why you should have a meal planOne Full Month Meal PlanHere Is A Preview Of The Delicious Diabetes recipes you will find in this book:Breakfast Berry Mug CakeCoco CerealSweet "n' Creamy Egg BowlPump-CakesProtein French BreadBreadless CheeseburgerTrio Queso QuesadillaBaked Cheesy ZucchiniRoast Chicken and Pepper SaladCrab SushiSweet, Salty, and Savory CrepeZesty Herbed ChickenSalmon BurgersChicken Pesto SaladHot Peri-Peri Chicken on Green SaladMediterranean ChickenThe Perfect Baked Chicken WingsCauli Tater TotsMalaysian Bone Broth SoupBacon Layered LasagnaPulled Pork ShoulderLoaded MeatloafChicken PieAtkins-Friendly Pad ThaiClassic Chicken ParmigianaTurkey Leg RoastCheeseburger Soup IndulgenceSirloin Tip Cut with Cilantro SauceSlow-Cooked Greek ChickenRoasted Bacon-Wrapped ChickenFULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories!...Start your Diabetes Diet journey today with these Nutritious Recipes that will guide you to unlimited health and vitality!...
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Book Information

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Customer Reviews

I was honestly shocked at how many recipes were in this collection. The first book gives an explanation of how the body works and dietary considerations for those with diabetes or pre-diabetes. It then gives a list of recipes for all meals and snacks. The second book has tons of slow cooker recipes and the third book, which was my favorite, is filled with decadent desserts. At the end of some recipes the author puts his notes about why certain ingredients are good for you and what they do for your body. There is also calorie information for many of the recipes.

This is a very nice book, well written and very detailed. It actually a combination of about three different book on Diabetes diet in one. I got to learn about very healthy recipes and food that someone having diabetes can enjoy since they are low in sugar. I also got to learn about sugar detox, why it is suitable for those with diabetes. I am really excited to have a book like this, since we have the history of diabetes in our family, with this book, i can be able to avoid it too.

Useful information! This is an interesting book on keeping blood sugar consistent with diet and provides the different food in a diabetes diet. It offers some delicious recipes and healthy recipes that are good for those trying to prevent diabetes. This book will teach you exactly what you need to know about diabetes diet. I will keep it and definitely read it again and again. Highly recommended!

This is a full book-set with the vital aspects of making the right dietary changes for the family, including the food that will improve the diabetes level and prevent its advancement. The book has a dietary plans to help you begin it at a manageable level.

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