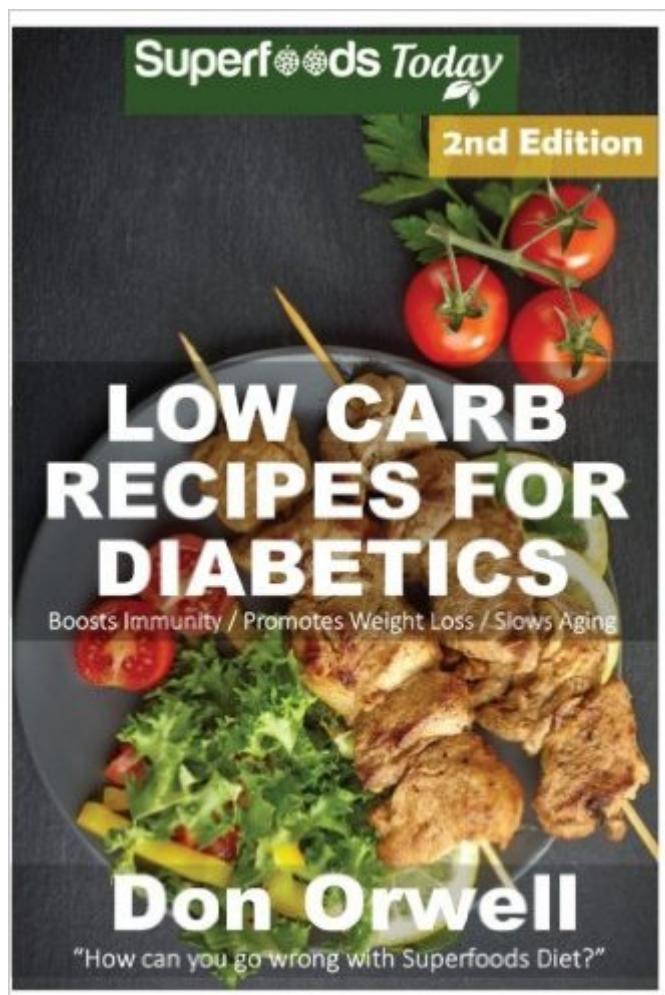


The book was found

Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100)





Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â “ theyâ ™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Low Carb Recipes For Diabetics - second edition contains over 160 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This book contains recipes for: â €¢ Soups â €¢ Salads â €¢ Grilled meats â €¢ Crockpot recipes â €¢ Casseroles â €¢ Stews â €¢ Stir fries Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because itâ ™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ ™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesnâ ™t restrict any major type of food. If features: â €¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â €¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â €¢ Non-gluten Carbs: Fruits, Vegetables â €¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â €¢ Start losing weight and boost energy â €¢ Get rid of sugar or junk food cravings â €¢ Lower your blood sugar and stabilize your insulin level â €¢ Detox your body from years of eating processed foods â €¢ Lower your blood pressure and your cholesterol â €¢ Fix your hormone imbalance and boost immunity â €¢ Increase your stamina and libido â €¢ Get rid of inflammations in your body Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

This book contains many wonderful recipes, and also gives you great tips on stocking your pantry, with recommendations on where to purchase items that may be hard to find where you live. It does not really call for a lot of exotic ingredients, as do so many other disappointing cookbooks I've found in the past. Wish it had a better nutritional breakdown and more guidelines as to serving sizes, but combining this book with a food scale can give you most information you may need to track your low carb intake.

Groundbreaking and yet so simple. I have a family history of diabetes and I myself have suffered from insulin resistance for years. The bottomline is that diabetes is a disease of what you eat--namely sugars, carbs, starches. This book lays it out simply but compellingly: stay on meds (with the high costs and side-effects) while continuing to think that eating pasta, whole wheat bread, oatmeal, fruit is okay or get real and stop eating the stuff that is making you sick and fat! While giving up foods you love isn't easy, this book has made it easier with tasty recipes.

Great guide! I have been collecting different diet books. This book seems great and delicious too. A very-well written with a crystal clear guide. It does not really call for a lot of exotic ingredients, as do so many other disappointing cookbooks I've found in the past. One thing I learned not just from these cookbooks but from others book too is that you don't have to starve to be sexy and fit. I just love

this book. If you or a relative or friend are struggling to find easy and appealing ideas to stay on track with your meal plan I highly recommend this book. It's really worth purchasing and recommend it.

This is a very helpful recipe guide for those who are currently suffering from diabetes. This contains recipes that are low in carbohydrates, and which are full of beneficial effects in your health. Youâ™ll surely love this cookbook since it has recipes which you can try using your crockpot. With this, you will now be able to effectively ease and control the symptoms of your condition. And also, youâ™ll be able to maintain your desired weight in a very natural way.

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