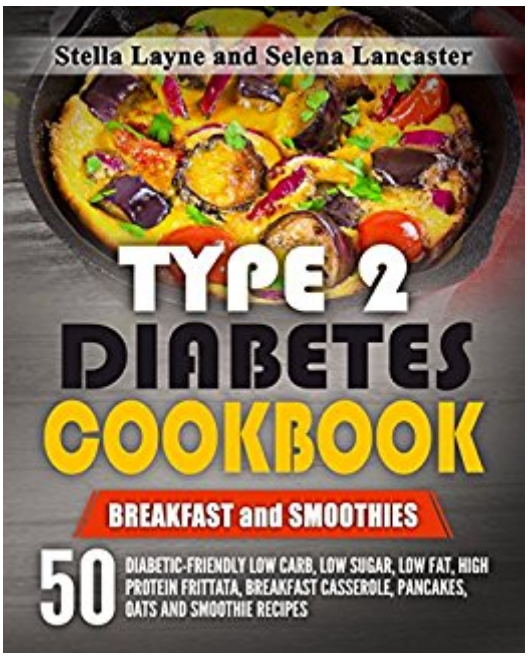
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Type 2 Diabetes Cookbook : BREAKFAST And SMOOTHIES - 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats And Smoothie Recipes



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Synopsis

50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie RecipesIn this book, Stella and Selena will show you how to delicious, nutrients-packed, energizing breakfast to help you kick start for a day. This book includes:1.) An at-a-glance nutrition summary table 2.) 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie RecipesAll recipes in this book are Diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself.FRITTATA/ CASSEROLE RECIPESSalsa Turkey Veggie CupsChicken and Egg MuffinsItalian Chicken and Broccoli FrittataGarlic Shrimp and Veggie FrittataCheesy Salmon and Tomato FrittataMediterranean Zucchini and Spinach FrittataMexican Black Bean FrittataBacon, egg and oats CasseroleTofu Spinach QuicheButternut Squash and Kale CasserolePANCAKE RECIPES10-Minute Protein WaffleCheesy Ham and Spinach WaffleApple Cinnamon PancakesPumpkin Pie PancakesCarrot Cake PancakesCinnamon Roll PancakesGingerbread PancakesDouble Chocolate PancakesBlueberry Cinnamon PancakesZucchini and Yogurt PancakesSMOOTHIE RECIPESChocolate Coconut ParadiseAlmond Joy ShakeLemon Cheesecake SmoothiesDouble Chocolate DelightPeanut Butter BombLime and Yogurt ShakeGreen Tea Latte ShakeApple Cucumber SmoothieCoconut Chai Latte SmoothieFrench Toast SmoothieBanana Tofu SmoothieGolden Turmeric Yogurt SmoothieApple Cottage Cheese SmoothieBlack Bean Chocolate SmoothieGingerbread and Bean SmoothiePumpkin Pie SmoothieGinger Beet Tofu SmoothieLime and Kale SmoothieChocolate Berry SmoothieStrawberry DelightsPumpkin Pie SmoothieChocolate Peanut Butter SmoothieApple Pie smoothieCarrot Cake SmoothieCoconut Dream SmoothieOVERNIGHT OATS RECIPESChocolate Overnight OatsBerries Overnight OatsPeanut Butter Banana Overnight OatsPumpkin Spice Overnight OatsSnickerdoodle Overnight OatsAll recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans.Grab this new cookbook today and discover how you can still enjoy your food. DonÃ¢â ¬â„¢t take a pass on these wonderful recipes!

Book Information

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Customer Reviews

Loads of great recipes

This 2 Diabetes Cookbook is really great,it is a guide with tips how important to take good care of our health to prevent such decrease. This book will help us to have a better understanding of the types of foods for diabetes medication to have a healthy lifestyle, to prevent the appearance of diseases such as diabetes to our body.Also an amazing fact that we can reverse your diabetes illness forever. New discoveries of easy to comprehend book. A very amazing guide.

My auntÃƒÂ¢Ã â ¬Ã â„¢s a diabetic, so this cookbook was useful in. Most of these free for review books, I usually read and cook a few recipes and am either sufficiently impressed or disappointed. This book was smackdabded in the middle. The smoothie recipes, I glossed over and the tofu scramble was a moderate success, I just need to add a little grated cheese and omit the dry mustard next time I make it for her. The raging success was the peach pancakes, I think she just liked that it was sweet. The recipies found in here are good even if you arenÃƒÂ¢Ã â ¬Ã â„¢t a diabetic as they are portioned out for two people aka food for now and later.

My mother recently found out that she is diabetic so this cookbook has been a lifesaver for her. She has tried a bunch of the recipes and while they are not very flavorful when made exactly by the

recipe, that is easily fixed with spices. Thank god she doesnt have high blood pressure or we would have major issues! LOL This book is very useful for determining portion sizes and how to make sure you get the right amount of nutrients during a day's time.

This is a great book for those struggling with managing diabetes and eating flavorful foods. This book will help us to have a better understanding of the types of foods for diabetes medication to have a healthy lifestyle. If you are cooking for two this is a super handy cookbook with easy and explicit directions. Even my family enjoys them which is a great relief.I love this book! The recipes are fabulous and the nutrional breakdown is wonderful!

This is a great book for those struggling with managing diabetes and eating flavorful foods. A nice collection of recipes for a first timer at diabetic cooking.Very informative, especially, for a newly diagnosed person.If you are cooking for two this is a super handy cookbook with easy and explicit directions.

I'm not a diabetic, but my father is. I loved receiving this book because while I like to cook healthy meals, it gave me more insight to the best ways to cook for a diabetic household, and included shopping lists for the week. Each recipe breaks down calories, protein, carbs, sugar, fiber and sodium, which are all great things to know when cooking healthy meals. I'm a fan of this cookbook, even if you're not diabetic. The recipes are nutritious and quite tasty.

This is a really great book. I am diabetic so it is going to come in handy. The book gives you a breakdown on what kinds of foods you should be eating as a diabetic. It also shows you how to make a meal plan and what foods you need to make the meals. The recipes don't seem to be too hard to make and some of them sound delicious. I have planned out a few meals from this book and I can't wait to try them.

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