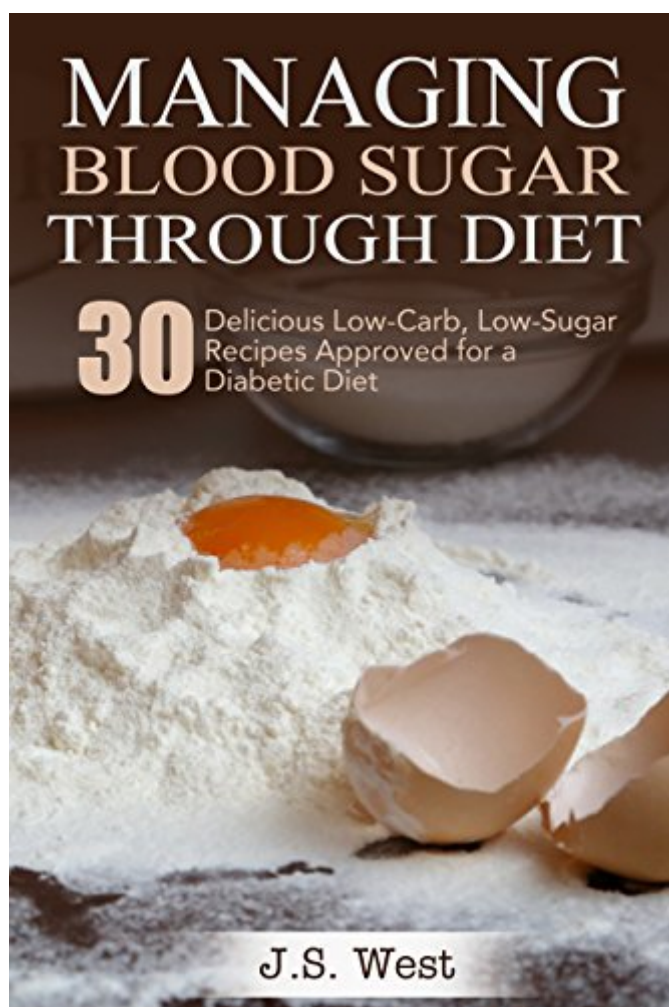


The book was found

Diabetes: Managing Blood Sugar Through Diet. 30 Delicious Low-Carb, Low-Sugar Recipes Approved For A Diabetic Diet



Synopsis

After reading this book you will learn all about on how to Manage Blood Sugar Through DietThe Health and Wellness Benefits Will Be Incredible!SPECIAL OFFER - OVER 70% DISCOUNTLIMITED TIME ONLY \$2.99! (Regularly priced: \$6.99)If you are suffering from diabetes, have been warned that you are pre-diabetic, or if you just have some significant shifts in your blood sugar levels, you need to focus on eating a healthy diet with well-balanced meals that are low in both carbohydrates and in sugars. Carbohydrates and sugars go hand in hand in disrupting your blood sugar levels, and this can cause your blood sugar to spike and then drop dramatically low. Whether it is spiking or falling, that isnâ™t good; you need to keep your blood sugar at a constant, healthy level.In order to maintain a normal blood sugar level, you need to change the way you are eating. The food we consume has a direct impact on the amount of sugar in our systems. It goes without saying that if you eat no sugar, there can be no sugar in your blood. Of course, that isnâ™t good, eitherâ”again, a healthy level must be maintained at all times. This means monitoring your food and choosing healthy, balanced recipes to prepare for yourself at home, so that you can be certain of the ingredients that are included in your foods.And that is where this book comes in! With this book, you will be able to learn thirty new and exciting recipes to help spice up your breakfasts, lunches, and dinners. Your low-carb, low-sugar, diabetic friendly meals do not have to be boring and bland! This book is here to provide you with enough recipes to keep your cooking muse feeling inspired for months to come. The book also supplies you with a suggested week-long meal plan and shopping list to help you figure out your weekly menus.After reading this book, you will want to run into the kitchen and get started preparing a new, exciting, and delicious meal right away!This is A Preview Of What You'll Learnâ |how to eat on a diabetic diet30 delicious and tasty recipesa week-long meal planshopping listsand much, much more!Would You Like To Know More?Download your copy today!Take action NOW and download "Managing Blood Sugar Through Diet30 Delicious Low-Carb, Low-Sugar Recipes Approved for a Diabetic Dietâ • for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. Â© 2015 All Rights Reserved

Tags: #Diabetes #Diabetes Cookbook #Diabetes Diet

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Customer Reviews

Good variety of meal recipes. Weekly plan and shopping list included. These rare definitely low sugar recipes. Have fun enjoying these meals and snacks.

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