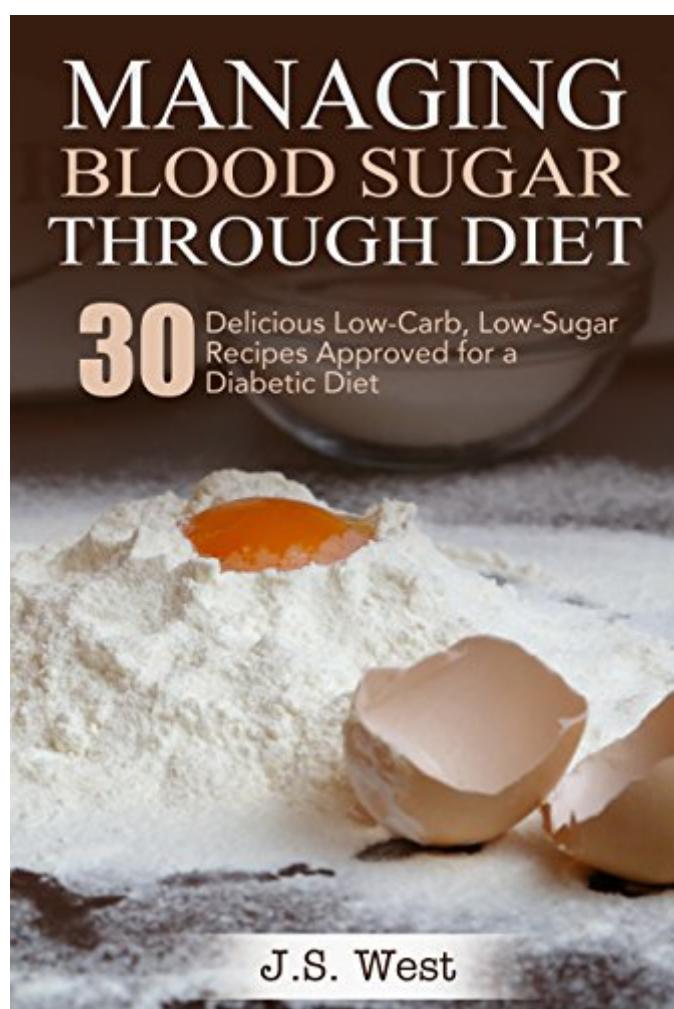


The book was found

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 isn'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 isn't good, either 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 recipes a 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. © 2015 All Rights Reserved Tags: #Diabetes #Diabetes Cookbook #Diabetes Diet

Book Information

File Size: 1842 KB

Print Length: 59 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 7, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00TCNU31W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #838,914 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #185

in Books > Cookbooks, Food & Wine > Special Diet > Cancer #579 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #682 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

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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Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15

Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4)

Diabetes: Managing Blood Sugar Through Diet. 30 Delicious Low-Carb, Low-Sugar Recipes

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