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## Food For Diabetics: 170 Recipes of Quick Easy Cooking, Diabetics Diet, Diabetics Cookbook, Gluten Free Cooking, Wheat Free, Diabetic Living, . Weight loss- Diabetic Living) (Volume 32)

By Don Orwell

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 436 pages. Dimensions: 13.0in. x 6.1in. x 1.3in. 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 they'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!! Foods for Diabetics Cookbook contains over 170 Superfoods Diabetics recipes created with 100 Diabetic Superfoods ingredients. This 400 pages long book contains recipes for: Appetizers Soups Condiments Breakfast Salads Grilled meats Side dishes Crockpot recipes Casseroles Stews Stir fries Diabetics Sweets Most of the meals can be prepared in just 10 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control...



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