



DOWNLOAD



## The Diabetic Cookbook Easy, Healthy, and Delicious Recipes for a Diabetes Diet

---

By Shasta Press

Shasta Press. Paperback. Condition: New. 272 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Being diagnosed with diabetes doesn't mean you can't still enjoy all your favorite comfort foods. The Diabetic Cookbook will show you how you can regulate your blood sugar and lose weight, all while eating meals that are hearty, flavorful, and nourishing. The key to effectively managing diabetes is creating a realistic diet plan that works for your lifestyle. With The Diabetic Cookbook you'll get more than 120 delicious recipes that take the stress out of managing the symptoms of diabetes. Enjoy mouthwatering Diabetic Cookbook versions of everything from Philly cheesesteak, to Macaroni and Cheese, to Rich Chocolate Torte, and take the frustration out of cooking for diabetes. Whether you have been struggling with diabetes for years, or you were recently diagnosed, The Diabetic Cookbook can help you keep your blood sugar steady, maintain blood pressure, and gain control over diabetes permanently. The Diabetic Cookbook makes it easy to manage your diabetes with: More than 120 delicious Diabetic Cookbook recipes for every meal of the day 10 quick and easy tips to take charge of diabetes from the editors of The Diabetic Cookbook Healthful cooking techniques and kitchen tips from The...



READ ONLINE  
[ 3.99 MB ]

### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Otis Wisoky

*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- Dr. Everett Dicki DDS