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Diabetic Eating: Over 270 Diabetes Type-2 Quick Easy Gluten Free Low Cholesterol Whole Foods Diabetic Eating Recipes Full of Antioxidants Phytochemicals (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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!! Diabetic Eating-third edition contains over 270 Superfoods Diabetics recipes for Diabetes Type 2, created with 100 Diabetic Superfoods ingredients. It is similar to Diabetes Recipes book, but without recipes with oatmeal, quinoa and brown rice. This 470+ 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 10-15 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...



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Reviews

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