



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

Shasta Press

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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 Diabetic Cookbook*
- A detailed list of foods to avoid and foods to enjoy

With *The Diabetic Cookbook*, you'll look forward to every meal and take complete control of your health.

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Jimmie Houck:

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