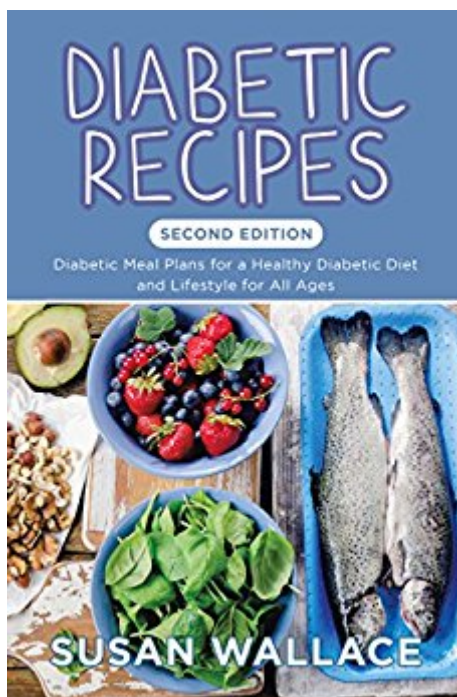




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# Diabetic Recipes [Second Edition]: Diabetic Meal Plans For A Healthy Diabetic Diet And Lifestyle For All Ages



## Synopsis

Diabetic Recipes [Second Edition] Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages ----- Now [Second Edition], with the following changes: \* New introduction - 477 words. \* New content: Multiple recipes - over 3700 words. \* Improved formatting and editing ----- It may be that you have recently been diagnosed with diabetes, or perhaps you have been diabetic for many years, either way, you may be tired of not eating like you used to, or perhaps have been looking for decent meal ideas, but simply can't find any. Have you been looking for diabetic desserts recipes? Diabetic chicken recipes? Diabetic cake recipes? Diabetic recipes for dinner? Without much success? Well, this short Kindle book can help. Contained within its pages is helpful advice on cooking diabetic recipes, easy. Plenty of delicious recipes are contained, from entrees, soup and side dishes, to breakfast and desserts. Healthy diabetic recipes, like baked Winter Squash, and delicious treats, like baked apple pancakes -- adopted to be a safe diabetes recipe.

## Book Information

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## Customer Reviews

This book is easy to read. The dishes look like everyone could enjoy them. The recipes include ingredients that no diabetic people can eat and for sure you already have them in your kitchen. The

only difference of this kind of recipes compared with a regular diet obviously are the carbohydrates and sugar. It includes more than 50 recipes using tuna, turkey, shrimp, salmon, chicken, beef, mushrooms, and a chapter for desserts as my favorite carrots cake, plus a sample 5 day diabetic meat plan and the nutrition information of the dishes at the end of the book. Disclosure: I received this product at a free or discounted price from the seller in exchange for a unbiased and honest review. While I did receive this product at a discount it does not in any way shape or form influence my review. I pride myself on being honest in my reviews and talking about both the pros and cons (if there are any). I am not required to leave a positive review if the product does not meet my high expectations and standards of quality. I review many products that I receive at both at a discount and products that I purchase at full price. I know that when I purchase a product I pay close attention to the photos, the reviews and the ratings of others so I know how important these reviews are. I am not associated with the seller. I have a wide range of hobbies and interests that helps me give the best reviews to you. Also if you find this review helpful, please click YES below. If I have left something out or you want to know more about the product, feel free to leave a comment and ask.

This book is easy to read. The dishes look like everyone could enjoy them. The recipes include ingredients that no diabetic people can eat and for sure you already have them in your kitchen. The only difference of this kind of recipes compared with a regular diet obviously are the carbohydrates and sugar. It includes more than 50 recipes using tuna, turkey, shrimp, salmon, chicken, beef, mushrooms, and a chapter for desserts as my favorite carrots cake, plus a sample 5 day diabetic meat plan and the nutrition information of the dishes at the end of the book. I got the kindle version of this book and the only complain I have is this one has no pictures, that is the reason it was not 5 stars for me. I consider pictures pretty important in a recipe book because everything comes through the eyes, and for me the pictures are inspiring and a guide of how my dish should look like. I really hope you find this review helpful. If so, please click the YES below this review like your feedback. Thanks for stopping by! I received this product on a promotional discount for my honest review and they are 100% my own opinions. I received no compensation for this review and I am not required to give a positive review. I am also not associated with the seller in any way.

I received this KINDLE EBOOK -- Diabetic Recipes [Second Edition]: Diabetic Meal Plans for a Lifestyle for All Ages and I was so thrilled to have it as an addition to my cookbook collection. I started to do a bit of research about Diabetic recipes as my father's whole family has been diagnosed with Diabetes. My father is getting older and is showing some signs of high

blood pressure and boarder line diabetes. I specifically found this cook book to learn more about how to prepare the correct food and healthy food for my father. This cook book goes into great detail about meal plans for healthy living. I have been looking for ways to help my father become healthier while allowing him to still eat what he enjoys. Healthy should be a choice not a punishment. I have been looking for a way to set up his meals to assist him while I am not in town. This cookbook also goes into the importance of exercise. The cook book has excellent recipes that are easy to read and follow. I especially like the Stuffed Turkey Breasts. They were wonderful. I would also recommend the Hearty Beef Stew also amazing. I think this cook book will really help with my father's overall health and I have to admit that it will help my health also. I also appreciate the fact that it is an electronic book as I can take my kindle anywhere and still have access to most of my collection of cook books. This also allowed for the "shipping" to be delivered without delay. I would defiantly recommend this cookbook to my family and friends. Disclaimer: I received this product at a discount in exchange for my fair and honest review. I know how critical truthful reviews can be as I am an avid online shopper; therefore I will always give my honest opinion and use the upmost integrity. If this review helped please click the YES button next to "Was this review helpful

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