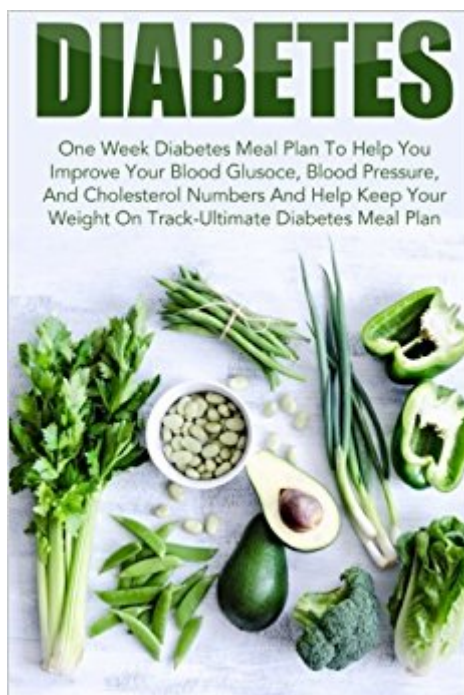


The book was found

Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan)



Synopsis

One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On Track In spite of what you might have heard, having diabetes does not mean you have to give up all the foods you enjoy! However, learning to eat healthier, satisfying meals is an important part of your treatment. Do you think that having diabetes means living a life of eating bland food? Well, let this book prove you wrong! Change your lifestyle for the better and learn how to treat your diabetes with the help of this book. Always keep in mind that you can live a healthier and happier life with diabetes. Despite it being a disease, let it be your guide to taking better care of yourself. Respect your body by nourishing it with healthy and delicious meals, doing regular exercise, and getting regular check-ups. It all starts with proper planning. This book contains a one week meal plan with over 40 delicious recipes to choose from, specially created to help diabetics improve blood glucose, blood pressure, and cholesterol numbers. Learn to love your kitchen and prepare healthy breakfast meals, salads, and soups, as well as meat, vegetable, and seafood dishes. With this handy diabetic meal planner, you will never run out of ideas. Here Is A Preview Of What You'll Learn... Whole Wheat Waffles Artichoke Frittata Teriyaki Salmon Salad Cauliflower and Parmesan Soup Lamb and Legume Chili Rhubarb and Strawberry Soup Broccoli with Creamy Lemon Sauce Pork Loin Glazed with Roasted Vegetable Salsa Beer Braised Pork and Crisp Herb Cabbage with Apple and Tarragon Dipping Sauce Zucchini Meat Loaf Italiano Poached King Salmon with Steamed Asparagus and Tapenade Salsa Much, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

Book Information

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Customer Reviews

I don't have diabetes but I do love to eat clean and healthy. However, the problem I've encountered with health food is that it usually just tastes bland and dry. I've followed some of the recipes in this book and the food was easy to make and tasted great. I even ran the macros in myfitnesspal app and the food actually had healthy macros. This is a great book for controlling your diabetes or just living healthy with great tasting meal plan.

Diabetes is one of the diseases sweeping the nation right now. Even young kids have Type II diabetes! The lack of exercise and the excess absorption of fast food are some of the main culprits. Most people claim not to have the time, but I argue that diabetes will take up a lot more of your time than making these recipes. With that being said, the recipes in this book are delicious whether or not you have diabetes! These are just some delicious breakfasts, lunches, and dinners tailored to the diabetics out there, but they are also a great health to all those without diabetes trying to get healthy. Highly recommended!

I was looking for a good book for my Grandma who has Diabetes. She has really been struggling to get on a schedule and I needed something that would provide recipes as well as information on how she can stay healthy and manage her diabetes. This book was just what I was looking for! It had a ton of great recipes that I found very helpful and it even had a recipe for Lasagna, which is her favorite food. I was happy with the pace of the book and feel that it covered all the vital information without being too "beginnerly". It got right to the point of managing your diabetes and helpful tips rather than dwelling on diabetes itself through the whole thing. A Great Read!

You're suffering from Diabetes? You want to improve your diet or your general well being? This book is your. The author starts off his book with a general explanation what Diabetes actually is and how to treat it with exercise, diet and medication. The 7 day meal plan is well planned out and easy to follow, and the (bunch of) delicious recipes are well, delicious. My favorites: Watermelon Gazpacho, Broccoli with Creamy Lemon Sauce, Low Carb Swiss Loaf and Poached King Salmon with Steamed Asparagus and Tapenade Salsa. Recommended!

I purchased this for a family member, and it has helped her to control her health greatly. She has started eating better, and in 2 months has lost over 42 pounds by following this book. I am super happy and would buy it again. *As with anything medical, consult your doctor first*

I could only rate this a one. There is not a lower number. Don't waste your money. Since most people who would buy this book (and I use this term loosely) more like a pamphlet, are diabetics, the person who scribbled this thing did not include ANY food information. What a load.

I'm very much into alternative treatments for anything, including meal plans, as well as adding such information to my collection. This is a simple 7 day meal plan for each meal. The recipes look easy to make, with simple directions. Worth checking out and a must for diabetics.

I have a lot of family members with Diabetes. I am a younger guy and want to avoid getting this terrible disease if at all possible. This book gave great insight on how to prevent and sustain a healthy lifestyle of eating. Great read! Highly recommend!!

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