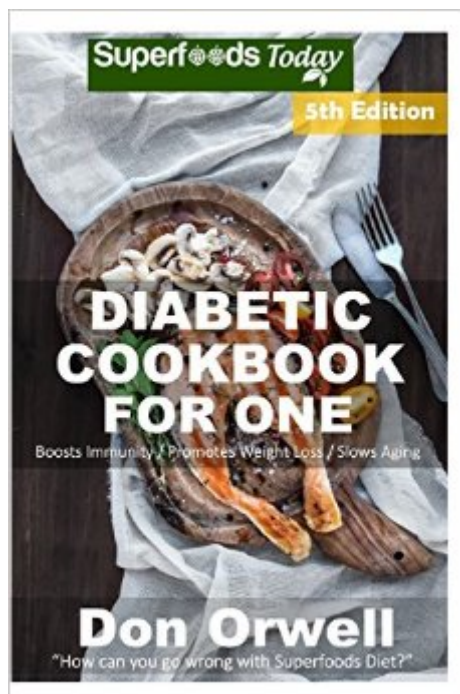


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# Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)



## Synopsis

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 â “ theyâ™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 Cookbook for One - fifth edition contains over 230 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. All recipes are prepared for diabetic cooking for one or two. This 300+ pages long book contains recipes for: â ¢ Appetizers â ¢ Soups â ¢ Condiments â ¢ Breakfast â ¢ Salads â ¢ Grilled meats â ¢ Side dishes â ¢ Crockpot recipes â ¢ Casseroles â ¢ Stews â ¢ Stir fries â ¢ 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. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because itâ™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesnâ™t restrict any major type of food. It features: â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â ¢ Non-gluten Carbs: Fruits, Vegetables â ¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â ¢ Start losing weight and boost energy â ¢ Get rid of sugar or junk food cravings â ¢ Lower your blood sugar and stabilize your insulin level â ¢ Detox your body from years of eating processed foods â ¢ Lower your blood pressure and your cholesterol â ¢ Fix your hormone imbalance and boost immunity â ¢ Increase your stamina and libido â ¢ Get rid of inflammations in your body Would You Like To Know More? Download and start getting healthier

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## Book Information

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## Customer Reviews

I have tried numerous diet plans, cookbooks etc but none of them worked. But now to be really honest, throughout the last week i prepared dishes from this book and to my astonishment, I could really some changes at the end of the period. I recommend this book because it has many recipes FOR ONE to choose from I know that diabetic people can have a hard time with eating because non-diabetic meals may be unsuitable for them.

Diet for diabetics is not just a preventive measure, and the necessary health food which reduces the risk of such a terrible symptom of a diabetic coma. Therefore, the diet for people with this disease is necessary and unavoidable. So I strongly recommend to read the cookbook. There are a lot of recipes.

It is very hard to find the special dishes for your table. I met with this problem, when my cousin came to me . It was very hard to organize her feeding. I saw this book and I solve this problem at once.

The dietary information in this book will help us to know the must have foods at our homes

especially when we have the diabetic patients or relatives in the house. I find this information necessary for the prevention of such social diseases like diabetes, hypertension, and cardio-related.

Excellent cookbook! I rarely enjoy a selection of dishes for diabetics. However, in this book, I found a lot of wonderful recipes.

Good way for single people to prepare meals without waste. Easy to follow recipes and good recipes for all occasions.

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