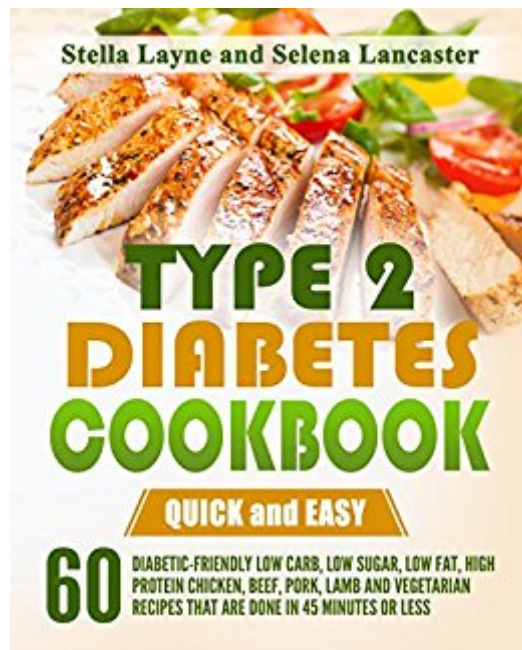


The book was found

Type 2 Diabetes Cookbook : QUICK And EASY - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb And Vegetarian Recipes That Are Done In 45 Minutes Or Less



Synopsis

60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less! In this book, Stella and Selena will show you how to delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners. This book includes: 1.) An at-a-glance nutrition summary table 2.) 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less. All recipes in this book are Diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself.

BEEF RECIPES
Grilled Lemongrass Beef Mustard Beef Lettuce Wrap Beef and Veggies Stir Fry Quick Taco and Beans Soup One-pan Mexican Beef

POULTRY RECIPES
Greek Spinach Chicken Salad Ranch Chicken Salad Lentil Turkey Sausage Herb-Roasted Chicken Spicy Citrus Chicken Stir Fry Chicken Fajita Traditional Turkey Sausage Chicken and Peas Stir Fry Caprese Chicken White Bean and Chicken Soup Chicken and Avocado Lettuce Wraps Turkey Satay Lemon and Thyme Chicken Spinach Feta Stuffed Chicken Fool-proof Salsa Chicken Pinto Bean Turkey Enchilada Pomodoro Chicken with Squash Chicken Basque with Zucchini Noodle Thai Chicken Zoodles

FISH RECIPES
Hawaiian Tuna Poke Tuna Salad Lettuce Wraps Curry Spiced Salmon Steak Simple Rainbow Trout Tuna Cake Dijon Lemon Orange Roughy Lemony Tilapia Spicy Citrus Tilapia Broiled Citrus Salmon Salmon and Egg Scramble Italian Tilapia Alfredo Cheesy Spicy Halibut Mackerel cakes Easy Salmon Meatballs Curry Pepper and Fish Asian Tuna Steak Crunchy Fish Fingers Garlicky Salmon steak Cajun White Fish White Fish in Mediterranean Sauce Broccoli and Fish Casserole

PORK/LAMB RECIPES
Pork and Celery Stir Fry Garlic and Lime Pork Chops Dijon Herbs Lamb Chops Vietnamese Pork and Shrimps Spring Rolls Cucumber Noodles with Spicy Pork Traditional Pork Meatballs

SEAFOOD RECIPES
Scallops in Tropical Sauce Shrimp Scampi Granny's Crab Cakes Shirataki Fettuccine with Shrimps Shrimp Ceviche Traditional Seared Scallops in Wine sauce Salad Tomatoes Cups

VEGETARIAN RECIPES
Broccoli Fritters Spiced Tofu Scramble

All recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your food. Don't take a pass on these wonderful recipes!

Book Information

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Customer Reviews

This book has everything you need in one place, and the information builds on itself in a really helpful way. The recipes look simple enough to not be overwhelming. Along with those practical things it is sprinkled with great success stories and words of wisdom to help encourage and motivate. I would recommend this book for anyone recently diagnosed with Diabetes.

This Type 2 Diabetes Cookbook is really nice, and a lot of new 50 quick and easy paleo slow cooker recipes. This guidebook has a comprehensive clean eating meal plan and saves time in a kitchen. It also has some quick and easy 60 Diabetic friendly low carb, low sugar, low fat, high protein chicken, beef, pork, lamb and vegetarian recipes with the tastiest foods and environment friendly ingredients. A book that you will learn a lot to leave healthy and young. I recommend to all.

This one I like. It goes into depth about diabetes, and how to manage the disease. It does a great job at it as well. I am impressed with it. The pantry and shopping lists are well done and will work well with the recipes and managing diabetic meals. This is a great book for a beginner as well as someone who has worked at managing this disease for years. Food is the best way to manage the disease, I know both as an RN and one who has type II diabetes herself. The recipes are easy, well written and look tasty as well. I love the nutritious foods used in these and would have loved having

this book when I started out. Each recipe has nutrition information as well. Just a great book!

My husband's grandfather was recently diagnosed with type 2 diabetes and was absolutely clueless as to what that meant he could and could not eat anymore. Initially I bought him this cookbook so that he (his wife, really) could get some ideas as to what he could eat based on recipes. I was SUPER pleased when I received the cookbook to see that the first part of the book focuses on educating you about diabetes. A huge unexpected bonus for me, being as they still haven't really mastered google or the Internet.

Type 2 Diabetes CookbookGreat book. Type 2 Diabetes Cookbook is an amazing book. it was helped me from my diabetes. Exactly the information I was looking for and more. New to this entire subject and the information compiled in this book is clear and understandable for a newbie. Highly recommended!

I am not a diabetic, but both my father and father in law are. I have always wanted to find some dishes that would be great for them. This book is perfect. I can now make some dishes for them and bring them over for family get together. I think it's a great book filled with a lot of great recipes. I am always happy to bring healthier meals to the table. I can't wait to try out some of the recipes and see what they think.

My husband was recently diagnosed with type 2 and with myself not really being that familiar with type 2, learning about it and trying to find the right foods to cook for him and for myself to start living a healthier lifestyle, this book has been wonderful. It has so much information in it that has helped me understand things a little better. I have made many of these recipes and they have been so tasty. I would highly recommend this book to anyone.

Great book! Hundreds of recipes, that are actually good. I'm not a diabetic, so I can't comment on that part of it, but I really like the education you'll find in this book. It's easy to follow, offers substitutions for ingredients, pictures, shopping lists. I think that if you're looking for a realistic approach to changing your lifestyle or way of eating, this is a good place to start.

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