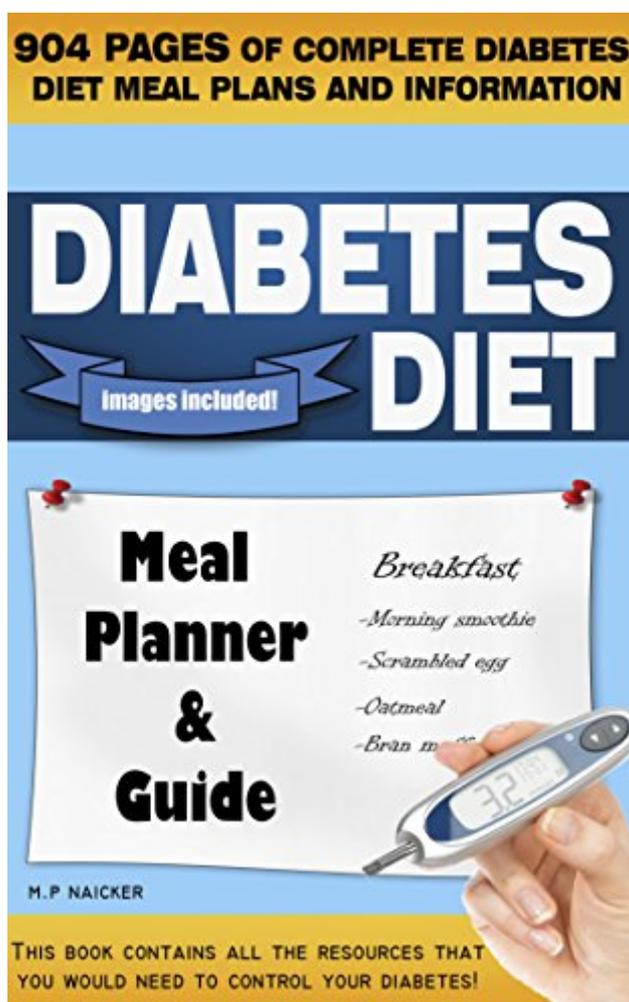


The book was found

Diabetes Diet: Diabetes Diet Is 904 Pages Of 1200-1800 Calorie Diabetic Diet Meal Plans! (diabetic Diet Meal Plan, Diabetes Meal Planner, Diabetes Diet ... Insulin, Diabetic Cookbook, Diabetes Cure)





Publisher: M.P Naicker (February 25, 2016)

Publication Date: February 25, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01C91R4DS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #53,029 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #31 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes #31 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Diabetes

Customer Reviews

Are you a diabetic? Have you struggled with food your entire life? Well, I have a few friends who are diabetic and they have had problems planning what types of food they should eat throughout the day. I picked this book up on a whim because I wanted to help them in any way that I can. After reading through the book and passing it along to them, I feel as though I have made the right choice. This book is filled with great tips and lessons on what you should and shouldnâ™t do when planning your meals. It has helped them immensely in terms of getting their food ready for the day and has cut back on the problems they have faced.

My grandmother has diabetes. I feel very sorry for her as all her favorite food contain sugar and now she is forced to give up on it. I know how it's like since I have to give up salt which I simply adore in my food. This book contains detailed information on how and what to cook for a diabetic person. I can't wait to surprise my grandmother with a recipe I just learned from this book!

Very informative and practical book about diabetes. I got a full 28 days diabetic meal plans! In addition, the book contains valuable information about the types of diabetes, symptoms, and treatments. It also provides numerous meal plans at different levels of calories. And much more interesting on the subject of diabetes. If you this issue is relevant, I recommend!

A very good book puts everything in its place, I have read quite a number of books an initiate diet, but mostly it's a common phrase and jammed up diet holes. But here the author gives a more detailed description than referring to specific figures and calories, providing a full range of diabetic diets and everything connected with them. I recommend.

This is the book I was looking for. It gives a daily food plan and includes the recipes and the exchanges so the recipes can be substituted. I was excited about this book and been using it for a month now, my blood sugar has dropped. I do not need to try to figure out what to eat for a whole days worth of meals, it is all planned out in the book. I wish there where more books like this one coming from this author.

Diabetic diet refers to the diet that is recommended for people with diabetes mellitus, or high blood glucose. There is much disagreement regarding what this diet should consist of. Since carbohydrate is the macronutrient which raises blood glucose levels most significantly, the greatest debate is regarding how low in carbohydrates the diet should be. The book provides multiple meal plans, at different caloric levels. There are several chooses a caloric level that is relevant to us in this book .

A perfect diet meal plan for diabetes. This book will surely make you amazed at the things that you are going to learn in here. There is a lot of recipes to choose from. All of them are nutritious and easy to prepare. It will also not take most of your time in the kitchen. Healthy eating makes us well. This guide is indeed recommended and gives us the information we needed to learn. About the safety foods to eat.

I thought this book was extremely helpful for anyone even those who do not have diabetes. We are trying to modify our diets based on this book which is definitely a challenge but seems like a much healthier way to eat. Good stuff for diabetic type II's, Excellent book. Makes sense.

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