

## Delicious Recipes for Diabetics (Paperback)



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### **Reviews**

*Absolutely essential study publication. Sure, it is enjoy, nonetheless an amazing and interesting literature. I realized this book from my dad and i suggested this pdf to find out.*  
**(Justus Abbott)**

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GOOSEBERRY PATCH, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Gooseberry Patch Delicious Recipes for Diabetics proves that people who have diabetes don t have to give up their favorite foods and can eat tasty and satisfying food every meal of the day without any guilt. This cookbook delivers over 300 carb smart, diabetic-friendly recipes with every sip and bite of the delightfulness you d expect from Gooseberry Patch. You ll find recipes shared by cooks just like you and get their secrets to keeping every last drop of yummy goodness while cutting calories, carbohydrates, and fat. With every recipe meeting the American Diabetes Association s nutritional guidelines combined with personal anecdotes from people living with diabetes, this book offers a nice balance of authority and support. Features: \* \*easy-to-make, tried-and-true dishes for breakfasts, lunches, dinners, desserts, and more from the Gooseberry Patch community \* \*every recipe includes nutrition information and diabetic exchanges \* \*an easy-to-understand upfront section provides helpful guidance on carbohydrate counting and healthful eating for those persons living with diabetes \* \*includes flavor boosting, cook-it-quick and low-carb swap tips along with inspirational stories from readers.



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