



**Diabetes Cooking: 93 Diabetes Recipes for
Breakfast, Lunch, Dinner, Snacks and Smoothies.
A Guide to Diabetes Foods to Help You Prepare
Healthy Delicious Diabetes Meals for Total
Diabetes Control.**

John McArthur



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Diabetics can live a normal life if they are willing to make a few lifestyle changes. In this book you will find 93 easy recipes that show you how to prepare diabetic meals to help you with diabetes control. The 93 recipes cover breakfast, lunch, dinner, snacks and smoothies. Inside you will find a wealth of information about a diabetic shopping list and all the natural supplements and herbs you can take to help you live a normal life. Read now how you can treat and manage diabetes without drugs. You will discover: • Basic Diabetic Dietary Guidelines • The Diabetic's Shopping List - Good Foods, Borderline Foods, Bad Foods and Free Foods • 21 Breakfast Recipes • 16 Lunch Recipes • 19 Dinner Recipes • 19 Dessert Recipes • 25 Great Snack Recipes and Ideas • 18 Smoothies for diabetics • 19 Supplements you should know about

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