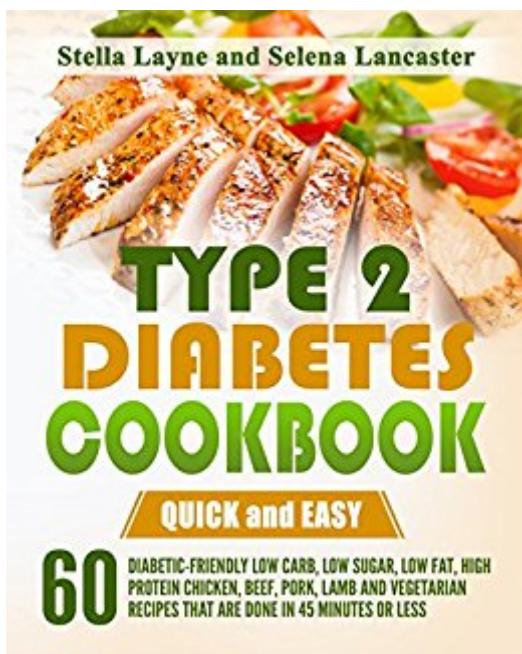


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# Type 2 Diabetes Cookbook : QUICK And EASY - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb And Vegetarian Recipes That Are Done In 45 Minutes Or Less



## 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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