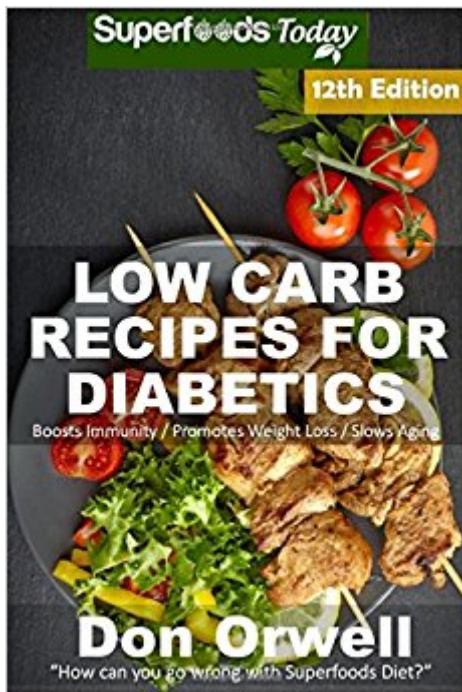


The book was found

Low Carb Recipes For Diabetics: Over 260+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 8)



Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer. They are all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Low Carb Recipes For Diabetics - 12th edition contains over 260 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This book contains recipes for: Soups Salads Grilled meats Crockpot recipes Casseroles Stews Stir fries Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. "Our Food Should Be Our Medicine And Our Medicine Should Be Our Food." - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because it's return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. If it features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin Non-gluten Carbs: Fruits, Vegetables Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and stabilize your insulin level Detox your body from years of eating processed foods Lower your blood pressure and your cholesterol Fix your hormone imbalance and boost immunity Increase your stamina and libido Get rid of inflammations in your body Would You Like To Know More? Download

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Book Information

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Customer Reviews

A collection of recipes for diabetics who are trying to control what foods they eat. This book has some really good recipes in it. A number of the recipes have sections with suggestions on how the recipe can be made ahead or stored for future use. This is a great help for busy cooks who don't have a lot of time in the kitchen. I will be using it again.

These recipes sound wonderful. I am going to try a lot of them. Especially the lunch and dinner ones. The only reservation I have about giving 5 stars are the sweet breakfast recipes. This book is a nutritional guide that can be of great help to crank up our burning furnace and puts our body in the ultimate metabolic state.

I haven't had this book for very long so haven't had time to try very many recipes however, the ones I've tried have been excellent recipes. I'm feeling healthy without sacrificing my love for food. And also it is much delicious than what I cook last time. I will continue cooking foods with the recipes from this cookbook. Thumbs up!

The recipes book is worth buying. Gives yummy. Smoothies as well as educates. Healthy beginnings with good and great tasting foods. I also want to try some of the recipes in this book that

is new to me. Worthy!

I love how the book was written, I am actually looking for this since last year now i have found it I am really grateful that i was able to explore a lot of things from this book especially the quick low carb recipes. I love how these recipes are truly low carb and diabetic friendly. So many times, recipes claiming to be low carb, or for diabetics, end up having way too many carbs. Another plus, the author includes nutritional information for each recipe. Knowing the carb count is extremely important for anyone counting carbs. ItÃ¢Â¢Â¢s also realistic and has been easy to stick with.

I love how these recipes are truly low carb and diabetic friendly. So many times, recipes claiming to be low carb, or for diabetics, end up having way too many carbs. Thanks author for creating us a new very informative book for all of us.

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