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Diabetic Cookbook: Mega Bundle — 3 Manuscripts In 1 — A Total Of 200+ Unique Diabetic-Friendly Breakfast, Lunch And Dinner Stove Top, Oven, Slow Cooker And Pressure Cooker Recipes





Synopsis

MEGA BUNDLE – 3 manuscripts in 1 – A total of 200+ Unique Diabetic-Friendly Breakfast, Lunch and Dinner Stove Top, Slow Cooker and Pressure Cooker Recipes In Type 2 Diabetes Cookbook – QUICK and EASY, you will find: 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. Examples include Grilled Lemongrass Beef, One-pan Mexican Beef, Spicy Citrus Chicken Stir Fry, Caprese Chicken, Turkey Satay, Pinto Bean Turkey Enchilada, Chicken Basque with Zucchini Noodle, Hawaiian Tuna Poke, Curry Pepper and Fish, Italian Tilapia Alfredo, Vietnamese Pork and Shrimps Spring Rolls, Dijon Herbs Lamb Chops, Scallops in Tropical Sauce, Shrimp Ceviche and Spiced Tofu Scramble. In Type 2 Diabetes Cookbook – BREAKFAST and SMOOTHIES, you will find: 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes. Examples include Salsa Turkey Veggie Cups, Mediterranean Zucchini and Spinach Frittata, Bacon, egg and oats Casserole, Cheesy Ham and Spinach Waffle, Gingerbread Pancakes, Double Chocolate Pancakes, Almond Joy Shake, Green Tea Latte Shake, Apple Cottage Cheese Smoothie, Carrot Cake Smoothie and Snickerdoodle Overnight Oats. In Type 2 Diabetes Cookbook – SLOW COOKER and PRESSURE COOKER, you will find: 90+ Diabetic-Friendly Low Carb, Low-sugar, Low-Fat, High Protein Chicken, Beef, Pork and Vegetarian Slow Cooker and Pressure Cooker Recipes. Examples for slow cooker recipes include Beef and Eggplant Casserole, Chinese Daikon Beef Stew, Shredded Beef Portobello Open Sandwich, Chicken Fajita Soup, Creamy Mexican Chicken, Jambalaya Chicken and Shrimps, Crunchy German Schnitzel Chops, Pork Carnitas and Zucchini Lasagna. Examples for pressure cooker recipes include Indian Chicken Tikka Masala, Creamy Buffalo Chicken Soup, Thai Green Curry with Chicken, Beef and Chorizo Chilli, Creamy Cheeseburger Soup, Beef Tenderloin with Madeira Sauce, Spicy and Sour Pork Vindaloo, Creamy Dijon Pork Tenderloin, Colorado Chilli Verde with Pork, Lemon Wine Steamed Clams, Mussels with Beer and Chorizo Sauce. PRESSURE COOKER RECIPES CHICKEN RECIPES Southwest Taco Chicken Soup Indian Chicken Tikka Masala Chicken Mushroom Stew Italian Braised Chicken Nigerian Chicken and Tomato Stew Creamy Buffalo Chicken Soup Chicken, Bacon and Lentil Stew Thai Green Curry with Chicken Spicy Jamaican Chicken Hearty Black Bean and Chicken Stew All recipes in this book are diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. 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 is nutritious for keen observers. The method was tested in the way our food intakes will be more healthier. Breakfast is our solid core for our energy-efficient. And the best part of it, it comes with the daily preparations you don't need to think what will you have on your plate the next day. This book also gives you extra care for our health. Recommended for all not just for Diabetic but also for us who wants to live happy and healthy lifestyle.

Diabetic cookbook is filled with an assortment of great recipes along with a general knowledge of being and cooking for a diabetic. This book explains how diabetes doesn't only affect one person but the entire family and changes need to be made. It helps you get rid of the stuff you shouldn't have in the house and helps you figure out how to cook healthy. This book has some very good info on the disease and some really good recipes.

As it was mentioned in the title, here you will really find a MEGA bundle! A lot of great recipes that you will have to try! I bought this book because of my father and now I have many recipes to choose when I want to cook something to him. Directions are clear and it is easy to cook any recipe from the book.

This is an excellent cookbook. In this book you will find a lot of recipes to control your diabetic. By reading this book you will find diabetic friendly breakfast, lunch and dinner which contain low carb, low sugar, low fat and high protein and much more. I hope you must find this book helpful.

All formulas in this book are finished with insights in regards to cooking time, fixings, heading, serving data and full healthful substance. I would exceedingly prescribe this book to any individual who needs a decent approach to set up and work a decent nourishment design.

The book has some great recipes in it. The nutrition counts are rich information that all diabetic needs to help decide what to eat, when to eat, and how much to eat. I highly recommend this book. Finally helpful this book.

I am sharing this book with my dietitian and other diabetics. This provides more menu options for consideration to keep the menu planning interesting.

Very pleased with this book. Full of great recipes and useful information for diabetic living.

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