



Diabetic Cookbook - 60 Easy and Mouth Watering Diabetic Friendly Lunch & Dinner Recipes that Even Your Family Love - VOL 2 (Diabetic Cookbook Series)

Michelle Lee, Jennifer Thomas

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LIMITED TIME BONUS - SEE INSIDE FOR DETAILS!

What will life be like if you are restricted to sodium free, fat free and low carb foods just to keep your blood sugar under control? Miserable, because by removing sodium, fat or drastically cutting down on carb, you are robbing yourself the tastes, textures and aromas that make eating enjoyable in the first place.

The good news is that you do not have to eat only "rabbit food" like celery sticks and dandelions for lunch and dinner to keep your blood sugar level under control. You can enjoy eating with your family if you know how to whip out delicious and healthy meals using commonly available ingredients and cooking utensils.

This is what our diabetic cookbook series is all about. And in this book filled with **60 easy lunch and dinner recipes**, you will learn ways to turn *chicken, turkey, vegetables and many other common ingredients* into mouth watering diabetic friendly meals.

Some of the recipes included in this diabetic cookbook are:

1. -Thai "Sawatdeekraup" Chicken Breast
2. Baked Walnut Chicken with Brown Rice
3. The Jerk Cook's Grilled Chicken Breasts
4. Lady Hester's Chicken Kabob Meal
5. Quick Fiery Turkey Skillet
6. Curried Turkey Quickie
7. Fresh Cremini Mushroom and Asparagus Pasta
8. The Lazy Man's Winter Vegetables Casserole
9. Open Face Grilled Eggplant Burger
10. Mushroom & Mozzarella Pizza

We also make sure these easy and delicious diabetic lunch and dinner recipes:

- Do not use artificial sweetener
- Are feasible even for cook with little experience

Still, we think we can do better. Each of these diabetic recipes are completed with:

- **Portion Size and Nutritional Analysis.** You will know your calories, carbohydrates, protein, fat and sodium intake. No more guessing.
- **Categorized by Key Ingredient.** You can easily satisfy your craving by zooming in straight into those recipes that can satisfy your craving.
- **Arranged by Marinating/Cooking Time.** You can manage your time better by focusing on recipes that fit your schedule.

Diabetic cooking and eating is a pleasure especially with family and friends. Pamper yourself and your family, and save when you grab your copy today.

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James Fletcher:

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