



The Easy Diabetes Diet Plan Cookbook: Recipe Guide for Taking Control of Your Diabetes

Angela Mcconnell

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Diabetes is a disease that we hear about often enough but don't really know much about when it comes to the nitty-gritty details. If you've just been diagnosed with diabetes or if your family history tells you that you are at high risk for diabetes, then there's a lot to learn about eating right and staying healthy. Make no mistake; diabetes is a serious disease that can lead to severe complications. But with the right diet plan and by giving due attention to your physical health, you can easily lead a normal and happy life.

This book was put together for that exact reason – to guide you through the necessary dietary changes that will help you stay fit and healthy and manage your diabetes. Because staying healthy with diabetes largely means eating the right kind of food, you need to start paying special attention on what you should eat, what kind of food to avoid, and how to prepare meals that are both delicious and good for a diabetic diet. With over 30 recipes, you can plan out entire weeks of full meals that even your family and friends will enjoy but will also meet your body's special dietary needs.

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