

Easy Diabetes Cookbook The

by

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Eat Well. Lose Weight. Live Longer.

Take away the stress of what to eat with this straightforward cookbook and easy health guide, specially designed to make living

with and understanding diabetes easier.

Use this book to learn how to create diabetic-friendly food that

tastes great. Whether you are diabetic, prediabetic or in the business of prevention, this book will make it easier to eat well, helping you to stick with it and enjoy the long-term health

benefits.

Also available: The Easy Intermittent Fasting Cookbook

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