



Delicious Recipes for Diabetics (Paperback)

By Gooseberry Patch

GOOSEBERRY PATCH, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Gooseberry Patch Delicious Recipes for Diabetics proves that people who have diabetes don't have to give up their favorite foods and can eat tasty and satisfying food every meal of the day without any guilt. This cookbook delivers over 300 carb smart, diabetic-friendly recipes with every sip and bite of the delightfulness you'd expect from Gooseberry Patch. You'll find recipes shared by cooks just like you and get their secrets to keeping every last drop of yummy goodness while cutting calories, carbohydrates, and fat. With every recipe meeting the American Diabetes Association's nutritional guidelines combined with personal anecdotes from people living with diabetes, this book offers a nice balance of authority and support. Features: * easy-to-make, tried-and-true dishes for breakfasts, lunches, dinners, desserts, and more from the Gooseberry Patch community * every recipe includes nutrition information and diabetic exchanges * an easy-to-understand upfront section provides helpful guidance on carbohydrate counting and healthful eating for those persons living with diabetes * includes flavor boosting, cook-it-quick and low-carb swap tips along with inspirational stories from readers.



READ ONLINE
[1.5 MB]

Reviews

This type of ebook is every little thing and made me looking ahead of time and more. It is among the most amazing book i actually have read through. Its been designed in an exceptionally simple way in fact it is simply soon after i finished reading through this pdf in which actually transformed me, change the way i believe.

-- **Dr. Ron Kovacek**

This type of publication is almost everything and taught me to hunting ahead plus more. It is written in easy terms rather than difficult to understand. Your way of life period will likely be transform once you comprehensive looking at this ebook.

-- **Gladysce Reinger**