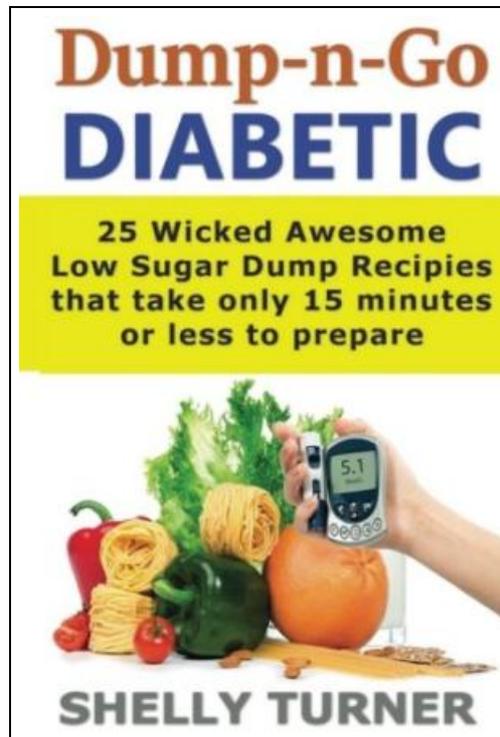


## Dump-N-Go Diabetic: 25 Wicked Awesome Low Sugar Recipes That Take Only 15 Minutes or Less to Prepare (Paperback)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book contains 25 wicked awesome recipes for people with diabetes. There are over 400 million people around the world who have diabetes. This kind of metabolic disease is on the rise and there is no sign of it letting up anytime soon. But this does not mean that you cannot enjoy flavorful dishes. I was diagnosed as pre-diabetic a few years ago and was told that I could get my diet under control or I could develop full-blown diabetes and need medication every day. I chose to get control of my diet and not allow diabetes to get control of my life. With careful meal planning, you can keep your diabetes under control. It is for this reason that this book was created; for you to have a resource for great meals. The best part is that they are easy to make. You can make meals that are delicious and healthy for you and your family to enjoy. It is all about eating healthy and keeping a well-balanced diet.

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