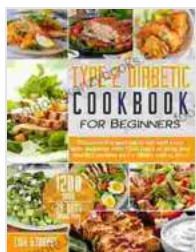


# Discover The Secrets To Eat Well Even With Diabetes With 1200 Days Of Easy And Delicious Recipes

Do you have diabetes and feel overwhelmed by the thought of managing your diet? Are you tired of bland, boring meals that leave you feeling unsatisfied? If so, then this book is for you!

In "Discover The Secrets To Eat Well Even With Diabetes," you'll find everything you need to know about eating well with diabetes. You'll learn about the different types of diabetes, how to read food labels, and how to make healthy choices at restaurants. You'll also find a wealth of delicious recipes that are both healthy and satisfying.



## Type 2 Diabetes Cookbook for Beginners: Discover the secrets to eat well even with diabetes with 1200 Days of easy and healthy recipes and a 28 day eating plan

by Lisa G. Torres

★★★★☆ 4.3 out of 5

Language : English  
File size : 6926 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Print length : 256 pages

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### **What You'll Learn In This Book:**

- The different types of diabetes
- How to read food labels
- How to make healthy choices at restaurants
- 1200 days of easy and delicious recipes
- The importance of exercise, stress management, and getting enough sleep
- How to talk to your doctor about your diabetes
- How to manage your condition on a day-to-day basis

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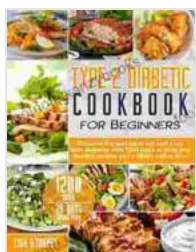
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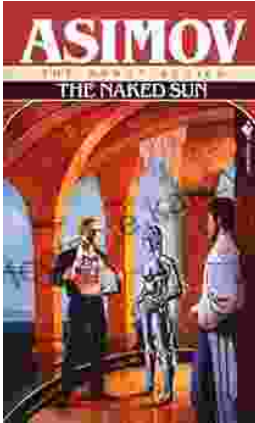
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