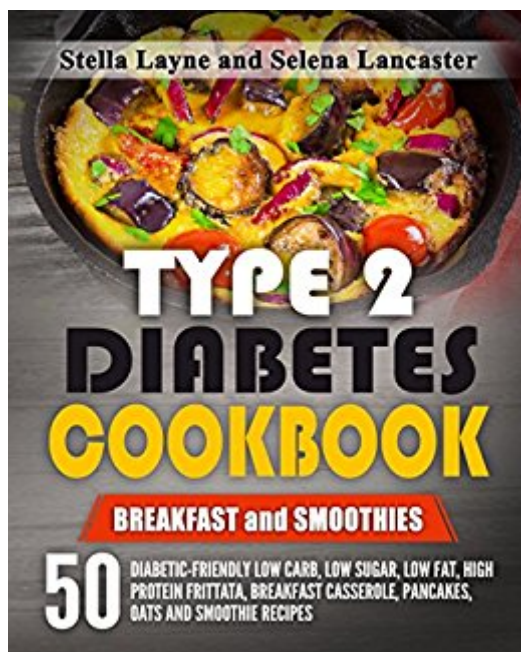


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# **Type 2 Diabetes Cookbook : BREAKFAST And SMOOTHIES - 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats And Smoothie Recipes**



## Synopsis

50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes In this book, Stella and Selena will show you how to delicious, nutrients-packed, energizing breakfast to help you kick start for a day. This book includes: 1.) An at-a-glance nutrition summary table 2.) 50 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Frittata, Breakfast Casserole, Pancakes, Oats and Smoothie Recipes All recipes in this book are Diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself.

**FRITTATA/**  
**CASSEROLE RECIPES** Salsa Turkey Veggie Cups Chicken and Egg Muffins Italian Chicken and Broccoli Frittata Garlic Shrimp and Veggie Frittata Cheesy Salmon and Tomato Frittata Mediterranean Zucchini and Spinach Frittata Mexican Black Bean Frittata Bacon, egg and oats Casserole Tofu Spinach Quiche Butternut Squash and Kale Casserole

**PANCAKE RECIPES** 10-Minute Protein Waffle Cheesy Ham and Spinach Waffle Apple Cinnamon Pancakes Pumpkin Pie Pancakes Carrot Cake Pancakes Cinnamon Roll Pancakes Gingerbread Pancakes Double Chocolate Pancakes Blueberry Cinnamon Pancakes Zucchini and Yogurt Pancakes

**SMOOTHIE RECIPES** Chocolate Coconut Paradise Almond Joy Shake Lemon Cheesecake Smoothies Double Chocolate Delight Peanut Butter Bomb Lime and Yogurt Shake Green Tea Latte Shake Apple Cucumber Smoothie Coconut Chai Latte Smoothie French Toast Smoothie Banana Tofu Smoothie Golden Turmeric Yogurt Smoothie Apple Cottage Cheese Smoothie Black Bean Chocolate Smoothie Gingerbread and Bean Smoothie Pumpkin Pie Smoothie Ginger Beet Tofu Smoothie Lime and Kale Smoothie Chocolate Berry Smoothie Strawberry Delights Pumpkin Pie Smoothie Chocolate Peanut Butter Smoothie Apple Pie smoothie Carrot Cake Smoothie Coconut Dream Smoothie

**OVERNIGHT OATS RECIPES** Chocolate Overnight Oats Berries Overnight Oats Peanut Butter Banana Overnight Oats Pumpkin Spice Overnight Oats Snickerdoodle Overnight Oats All recipes in this book are completed with details regarding cooking time, ingredients, direction, serving information and full nutritional content, so you will have all the necessary knowledge to follow the plans. Grab this new cookbook today and discover how you can still enjoy your food. Don't take a pass on these wonderful recipes!

## Book Information

File Size: 5889 KB

Print Length: 86 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 28, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B073H6HLVZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #132,506 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

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## Customer Reviews

Loads of great recipes

This 2 Diabetes Cookbook is really great,it is a guide with tips how important to take good care of our health to prevent such decrease. This book will help us to have a better understanding of the types of foods for diabetes medication to have a healthy lifestyle, to prevent the appearance of diseases such as diabetes to our body.Also an amazing fact that we can reverse your diabetes illness forever. New discoveries of easy to comprehend book. A very amazing guide.

My auntÃ¢Â™s a diabetic, so this cookbook was useful in. Most of these free for review books, I usually read and cook a few recipes and am either sufficiently impressed or disappointed. This book was smackdabbed in the middle. The smoothie recipes, I glossed over and the tofu scramble was a moderate success, I just need to add a little grated cheese and omit the dry mustard next time I make it for her. The raging success was the peach pancakes, I think she just liked that it was sweet. The recipies found in here are good even if you arenÃ¢Â™t a diabetic as they are portioned out for two people aka food for now and later.

My mother recently found out that she is diabetic so this cookbook has been a lifesaver for her. She has tried a bunch of the recipes and while they are not very flavorful when made exactly by the

recipe, that is easily fixed with spices. Thank god she doesn't have high blood pressure or we would have major issues! LOL This book is very useful for determining portion sizes and how to make sure you get the right amount of nutrients during a day's time.

This is a great book for those struggling with managing diabetes and eating flavorful foods. This book will help us to have a better understanding of the types of foods for diabetes medication to have a healthy lifestyle. If you are cooking for two this is a super handy cookbook with easy and explicit directions. Even my family enjoys them which is a great relief. I love this book! The recipes are fabulous and the nutritional breakdown is wonderful!

This is a great book for those struggling with managing diabetes and eating flavorful foods. A nice collection of recipes for a first timer at diabetic cooking. Very informative, especially, for a newly diagnosed person. If you are cooking for two this is a super handy cookbook with easy and explicit directions.

I'm not a diabetic, but my father is. I loved receiving this book because while I like to cook healthy meals, it gave me more insight to the best ways to cook for a diabetic household, and included shopping lists for the week. Each recipe breaks down calories, protein, carbs, sugar, fiber and sodium, which are all great things to know when cooking healthy meals. I'm a fan of this cookbook, even if you're not diabetic. The recipes are nutritious and quite tasty.

This is a really great book. I am diabetic so it is going to come in handy. The book gives you a breakdown on what kinds of foods you should be eating as a diabetic. It also shows you how to make a meal plan and what foods you need to make the meals. The recipes don't seem to be too hard to make and some of them sound delicious. I have planned out a few meals from this book and I can't wait to try them.

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Smoothie Cleanse, Smoothie Diet) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Gastric Sleeve Cookbook: BREAKFAST - 40+ Easy and skinny Bariatric-friendly Breakfast Muffins, Quiche, Frittata, Sausage, Waffles, Pancakes, Oats Recipes ... Diet (Effortless Bariatric Cookbook Series) Type 2 Diabetes Cookbook: SLOW COOKER and PRESSURE COOKER - 90+ Diabetic-Friendly Low Carb, Low-sugar, Low-Fat, High Protein Chicken, Beef, Pork and ... Pressure Cooker Recipes for Life Long Eating Type 2 Diabetes Cookbook : QUICK and EASY - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Diabetic Nutribullet Recipe Book: 60 Delicious And Healthy Low Carb Diabetes Diet Friendly Smoothies And Juices (Diabetes Cookbook, Diabetes Diet, Type ... Lower Blood Sugar, Nutribullet Recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb

cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66  
Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb,  
low carb cookbook, low carb recipes)

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