



The Essential Diabetes Diet Cookbook: A Quick Start Guide To Managing Your Diabetes Through Diet

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If you're ready to make a change to improve your health, then this guide to managing your diabetes through diet is the perfect place to begin!

This Quick Start guide takes a comprehensive approach to understanding how you can help yourself through healthy eating and provides you with simple steps on how to do it!

By following the guidelines in this book you can improve your health and wellbeing!

- Manage your diabetes and help control your glucose levels!
- Improve your wellbeing and feel great!
- What to eat and why!
- Understand fructose and fruit sugars!
- Understand which fats are healthy and which aren't!
- Over 100 delicious diabetic friendly recipes!

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Patrick Cartwright:

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Tara Gamboa:

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