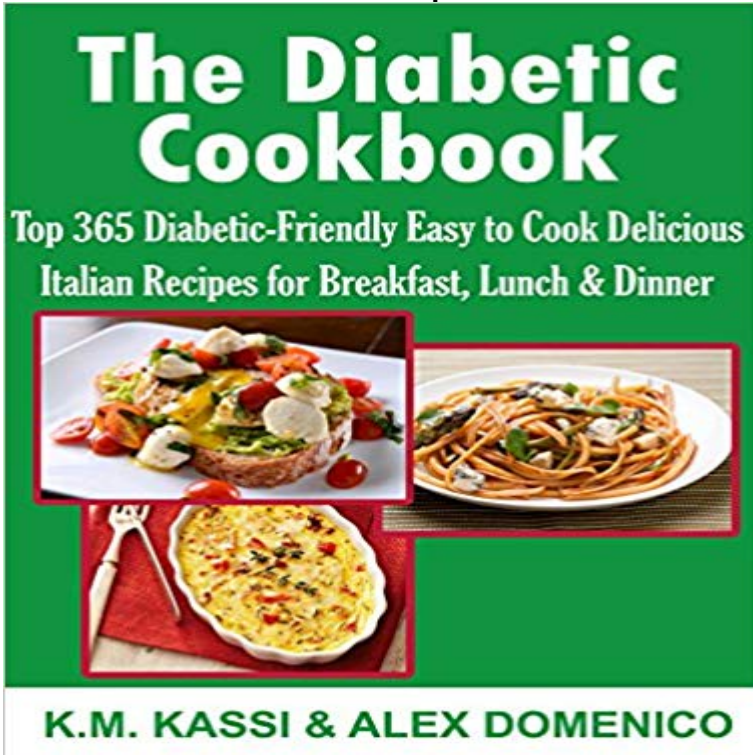


The Diabetic Cookbook: Top 365 Diabetic-Friendly Easy to Cook Delicious Italian Recipes for Breakfast, Lunch & Dinner



The Diabetic Cookbook-Top 365 Diabetic-Friendly Easy to Cook Delicious Italian Recipes for Breakfast, Lunch & Dinner Today only, get this Amazon Best Seller for just \$2.99 Regularly priced at \$6.99! Read on your PC, Mac, Smart phone, Tablet or Kindle device. This book contains proven steps and strategies on how to prepare easy to understand diabetic-friendly and easy to cook Italian recipes. Everyone deserves to enjoy home-cooked meals that would not be detrimental to their health. As diabetics, these meals were put together to keep sudden spikes of glucose level at bay. Did you know that carbohydrates play a key role in your blood sugar control? Too much will send the glucometer to reach high levels. That is why, in this book you will see more of the ingredients that keep these sugar levels down. A great example would be potatoes. In Chapter 1, the recipes are named in Italian so as to get you acquainted with the how they call the recipes it in the country. Get to know how to prepare Italian breakfast meals such as the fritte, quiche, strapazzates e crespellas. Who would have thought that these are your ordinary omelets, and scrambled eggs? In Chapter 2 you will get to know how to cook zuppas e Stufatos. Yes you have guessed it right! The soups and stews! Italy is known for their rich tomato sauces and meat ingredients. What about the arrosto di, e saltato in padella? Are you ready to savor the best-tasting roasts and stir-fry meals? It gets even better during dinner! Get to know how it is to prepare the cremini mushrooms and sausage pasta in just under 30 minutes! Make your dinner so healthy and diabetic-friendly with the amazing list of salads you can eat. Chapter 3 is the most exciting part in the book since you can get to prepare the meals on single-serve or adjust to serve the entire family. Now that you cant wait to get started, I have included a bonus chapter

that will keep you busy in the kitchen! Diabetics are required to eat small meals in a day. The snacks will keep you busy and feeling full for the better half of the day. Are you excited already? Well then, start flipping through the pages and choose your first meal! Take action today and download this book for a limited time discount of only \$2.99! Tags: Diabetes, Diabetic Cookbook, Diabetic Recipes, Special Diet, Diabetic and Sugar- Free, Cookbooks, Food and Wine, Italian Recipes, Italian Cookbook, Italian Cuisine.

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