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Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes Full Of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss Transformation Book 8)





Synopsis

How Can You Go Wrong With Superfoods-Only Diet?FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â€œ theyâ€™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!!Diabetic Meal Plans - 16th edition contains 6 week meal plans with recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• - Hippocrates 460 - 370 BCThe best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because itâ€™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ€™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance.Superfoods Diet is the only diet that doesnâ€™t restrict any major type of food. It features: â€¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â€¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â€¢ Non-gluten Carbs: Fruits, Vegetables â€¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â€¢ Start losing weight and boost energy â€¢ Get rid of sugar or junk food cravings â€¢ Lower your blood sugar and stabilize your insulin level â€¢ Detox your body from years of eating processed foods â€¢ Lower your blood pressure and your cholesterol â€¢ Fix your hormone imbalance and boost immunity â€¢ Increase your stamina and libido â€¢ Get rid of inflammations in your body Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

Book Information

File Size: 9697 KB

Print Length: 382 pages

Simultaneous Device Usage: Unlimited

Publisher: Superfoods Today; 16 edition (July 24, 2017)

Publication Date: July 24, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0747N7M64

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #449,545 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66

in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #188 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #258 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes

Customer Reviews

I have read lots of diet books over the years and tried a few. This one works. I've been following it 95% for the last six weeks. I am not only losing weight, I am gaining energy and feeling lots better. What I particularly like is that this is not a diet fad. It's a life plan that you can adhere to because you don't get ravenously hungry as you do on artificial diets. This plan is designed for health, not mere weight loss.

seriously a great book

Some nice recipe ideas but a bit repetitive.

The recipes seem easy the layout is great. I plan to try a few while I'm off work.

Helpful....gave a good overview on how to approach a different view on preparing meals.

I guess for the price the book was okay, but I was hoping for something a little better than a paperback.

The carb count seems a little high on these daily menus and there are no links to the recipes from the menus which would have been nice. My biggest complaint is the recipes themselves. One recipe calls for 3 pounds of mushrooms, 1 pound of leeks and a pound of chicken then says it serves four people! What a serving! On top of that, the instructions do not mention using the chicken in any way.

Very simple and attractive combinations..This book is packed with good tasty recipe's and complimentary side dishes to add below main recipe.Highly recommend!

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