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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 7)





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. These are 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 - 15th 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. “Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - 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 it returns us 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 today’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 doesn’t restrict any major type of food. It features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin Non-gluten Carbs: Fruits, Vegetables 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:

- Start losing weight and boost energy
- Get rid of sugar or junk food cravings
- Lower your blood sugar and stabilize your insulin level
- Detox your body from years of eating processed foods
- Lower your blood pressure and your cholesterol
- Fix your hormone imbalance and boost immunity
- Increase your stamina and libido
- Get rid of inflammations in your body

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Customer Reviews

I am very pleased with this book. I have fallen into a boring routine with my diet and needed some fresh ideas on how to add some variety to my daily meals. This book offered me recipes to add that variety. What I like most is that it is good for all people both diabetic or none diabetic. This meal plan is very helpful and I have learned so much from this book.

Another gift from my most favorite Author Don Orwell. In this book I got some recipes which is helpful for diabetic people.

I am exceptionally satisfied with this book. I have fallen into an exhausting routine with my eating regimen and required some new thoughts on the best way to change up my day by day suppers. This book offered me formulas to change it up. What I like most is that it is useful for all individuals both diabetic or none diabetic. This dinner design is exceptionally useful and I have adapted so

much shape this book.

This is third book of Don Orwell i am writing reviews there is nothing much to say just five star he just made a new era of medicine for diabetic patients and a perfect guideline for a healthy life.

Good information, but reading the book is much easier than changing my diet !A really good book! It makes a lot of sense...and is easy to read and understand.Worth the read.

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