



Diabetes Carb Control Cookbook: Over 150 Recipes with Exactly 15 Grams of Carb – Perfect for Carb Counters!

Nancy S. Hughes

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For people with diabetes, especially the 15.8 million people in the United States on medication or insulin, eating a consistent amount of carbohydrates at every meal is an essential part of meal planning.

Unfortunately, carb-counting requires either a lot of math or reliance on vague meal-planning tools like exchanges and servings that can confuse as much as they clarify. With *Diabetes Carb Control Cookbook*, best-selling author Nancy S. Hughes makes mealtime math a thing of the past. This innovative new collection combines a cookbook, meal planner, and carb counter into one seamless system for people with diabetes. Each recipe is designed to provide 15 grams of carb per serving, and each chapter organizes foods based on type of dish. Readers looking for a side dish with 15 grams of carbs to round out the dinner can go right to the appropriate section. With over 150 recipes and hundreds of quick- or no-fix side suggestions, all designed to provide 15 grams of carbs, this is a cookbook no person with diabetes can do without.

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This Diabetes Carb Control Cookbook: Over 150 Recipes with Exactly 15 Grams of Carb – Perfect for Carb Counters! book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this guide incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This Diabetes Carb Control Cookbook: Over 150 Recipes with Exactly 15 Grams of Carb – Perfect for Carb Counters! without we comprehend teach the one who reading it become critical in contemplating and analyzing. Don't become worry Diabetes Carb Control Cookbook: Over 150 Recipes with Exactly 15 Grams of Carb – Perfect for Carb Counters! can bring once you are and not make your tote space or bookshelves' turn out to be full because you can have it in the lovely laptop even cellphone. This Diabetes Carb Control Cookbook: Over 150 Recipes with Exactly 15 Grams of Carb – Perfect for Carb Counters! having very good arrangement in word and layout, so you will not experience uninterested in reading.

Miguel Willis:

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Elizabeth Jamerson:

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Shirley Drago:

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