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## 100 RECIPES FOR US DIABETICS EBOOKS 2019



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Realese Date: Lanzamiento previsto: @@expectedReleaseDate@@

Try these savory recipes from the heart of Transylvania, created especially for diabetics. You will discover the one of a kind taste of soups and dishes from the mysterious Transylvanian land, and the most delicious of sweets to bring joy back into your soul.

If you or a person close to you suffers from diabetes, it doesn't mean you have to abandon all hope of appetizing food. With this book, you don't need mastery in the kitchen to plan and prepare meals with tempting flavors and healthy ingredients, be it for breakfast, lunch, dinner, snack or dessert. Each recipe lists all ingredients and quantities you need, instructions on how to prepare them and, most importantly, a nutritional analysis of each dish meant to help you keep everything in check and build a healthy meal plan.

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