



# **The Diabetic Cookbook: Top 365 Diabetic-Friendly Easy to Cook Delicious Chinese-American Recipes for Breakfast, Lunch & Dinner**

*K.M. KASSI, AMY SNOW WONG*

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**Today only, get this Amazon Best Seller for just \$3.99 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 365 delicious, nutritious and Diabetic-friendly Chinese-American recipes that you can easily cook at home.

Do you have diabetes but want to treat it? Then you should start with your diet! This book will help you stick to a diet that is diabetic-friendly by providing you with 365 recipes that you can mix and match every day.

You don't have to deprive yourself from eating what you want just because you are suffering from diabetes or the condition runs in the family. You have to be informed about the right kinds of ingredients that are suited for your condition. This book contains Chinese-American recipes that can be enjoyed even by those who are not diabetics. It also has tips on how you can tweak certain recipes to come up with your own versions of these healthy meals.

This book has many tips on what to eat, the best-suited ingredients for your health condition and how to plan your diet in ways that you will look forward to your every meal. This gives the best samples of the top dishes that are typically served in Chinese-American restaurants in the US. It also challenges you to mix, match and tweak the ingredients in order to come up with several varieties of the recipes provided.

This book is meant not just for those with diabetes, but also for those who wish to start a healthier lifestyle and prevent diabetes. By choosing to prepare your own meals and by sticking to the recommended serving portions, you will definitely be able to improve your overall fitness level. Add even just light to moderate exercise and you are on your way to having more strength, energy and endurance.

Diabetes should not hold you back from enjoying your life to the fullest. Instead, empower yourself by nourishing your body with the right food. Let the recipes in this book lead the way to a happier and healthier life.

Take action today and download this book for a limited time discount of only \$3.99!

Tags: Diabetes, Diabetic Cookbook, Diabetic Recipes, Special Diet, Diabetic and Sugar- Free, Cookbooks, Food and Wine, Chinese Recipes, Chinese-American Cuisine, Chinese-American Recipes.

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