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Type 2 Diabetes Cookbook: Quick and Easy - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes That Are Done in 45 Minutes or Less

By Stella Layne

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less In this book, Stella and Selena will show you how to delicious, nutrients-packed, energizing quick meals for lunch or weeknight dinners. This book includes: 1.) An at-a-glance nutrition summary table 2.) 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less All recipes in this book are Diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself. BEEF RECIPES Grilled Lemongrass Beef Mustard Beef Lettuce Wrap Beef and Veggies Stir Fry Quick Taco and Beans Soup One-pan Mexican Beef POULTRY RECIPES Greek Spinach Chicken Salad Ranch Chicken Salad Lentil Turkey Sausage Herb-Roasted Chicken Spicy Citrus Chicken Stir Fry Chicken Fajita Traditional Turkey Sausage Chicken and Peas Stir Fry Caprese Chicken White Bean and Chicken Soup Chicken and Avocado Lettuce Wraps Turkey Satay Lemon and Thyme Chicken Spinach Feta Stuffed Chicken Fool-proof Salsa Chicken Pinto Bean Turkey Enchilada Pomodoro Chicken with Squash...



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