



Diabetes: High Blood Sugar: Hungry Girl has the Recipes : Book 1 (Hungry Girl Cookbooks)

Tiffany Jones

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WHY STAY HUNGRY WHEN YOU CAN FEAST? LIVING WITH DIABETES HAS JUST GOTTEN A LOT EASIER!

Are you tired of looking for easy to make recipes online and disappointed by the hard to follow instructions? Do you have Diabetes that makes your job even harder? No need to worry!

From the author of several bestselling cookbooks, busy mom and fitness enthusiast Tiffany Jones, comes a great new collection of cookbooks filled with delicious, easy to make recipes that will make you live a healthier, happier and more energetic life than ever.

If you're looking for delicious everyday recipes that are custom made for the complication that you have, these cookbooks are for you!

The first book of the series is for you if you are living with diabetes or if you want to stay away from diabetes. The book is full of tips and useful information anyone living with diabetes should be aware of.

In this book you will find, 35 delicious, easy to cook recipes with easy to find ingredients categorized under

- breakfast
- lunch
- desserts
- salad
- sweets
- dinner and so on

Some of the mouth-watering recipes featured in this book are

- ★ Vegetable Cheddar Sausage Frittata
- ★ Sunflower seeds with Multigrain Pilaf
- ★ Fillet Mignon with Coffee Bourbon Sauce
- ★ Chicken with Fig Balsamic Sauce
- ★ Snapper with Topping of Tomato Caper
- ★ Skillet Pork with Pineapple Salsa
- ★ Lemon Chicken Pita Burger
- ★ Cantaloupe Sherbet
- ★ Mashed Sweet Potatoes with Rosemary and Shallots

★ Orange Cranberry Relish

GRAB THE BOOK TODAY! STOP WORRYING AND START ENJOYING YOUR FOOD 'THE HUNGRY GIRL' WAY!

tags: restaurant cookbooks, weight watchers cookbook, diabetic cookbook, type 2 diabetes cookbook, low sodium cookbook, healthy diet cookbook, recipes, healthy recipes, recipes for health, quick easy recipes, easy recipes, diabetes diet, weight loss diet, diet plans, diet and weight loss, healthy diet

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Cheree Kramer:

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