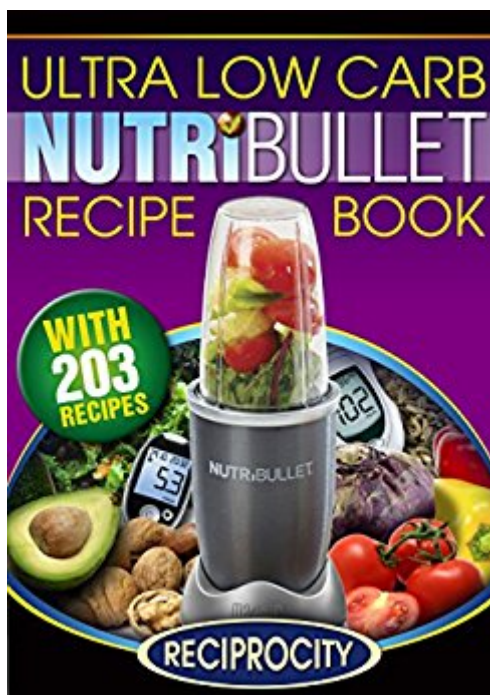


The book was found

The Diabetic NutriBullet Recipe Book: 203 NutriBullet Diabetes Busting Ultra Low Carb Delicious And Optimally Nutritious Blast And Smoothie Recipes (NutriBullet Recipes)



Synopsis

Diabetics cannot store all of the sugar that they eat or make in their sugar warehouse (as muscular or hepatic glycogen). This can either be because their warehouse is full up (they have run out of glycogen storage capacity) or because their fork lift truck driver keeps taking tea breaks (insulin resistance). Either way if you cannot store the stuff then the best thing to do is to stop eating it! Hence we have redesigned the 203 recipes in our second edition to have a maximum of only 11 grams of carbohydrate (down from 13 grams in the previous version). The new 2nd edition contains...

- 3 Special Smoothies
- 20 Superfood Ultra Low Carb Blasts
- 20 Superfood Ultra Low Carb Smoothies
- 10 Sleep & Mood Enhancing Ultra Low Carb Blasts
- 10 Heart Care Ultra Low Carb Blasts
- 10 Detoxing & Cleansing Ultra Low Carb Blasts
- 10 Clear Thinking brain food Ultra Low Carb Blasts
- 10 Radiant Skin Nourishing Ultra Low Carb Blasts
- 20 Double Fruit Ultra Low Carb Blasts
- 20 Double Fruit Ultra Low Carb Smoothies
- 35 Fruit & Veggie Ultra Low Carb Blasts
- 35 Fruit & Veggie Ultra Low Carb Smoothies

The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of Agriculture database. All recipes are given in grams, cups and ounces.

Book Information

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Customer Reviews

This book has a ton of recipes for smoothies for diabetics. It is the best recipe book I have seen so far. Very happy with this purchase. Will definitely use this vendor in the future, it arrived earlier than expected and pkging was great.

Great book..and nutribullet has brought my a1c down to 6.4 from 7.1

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For Nutribullet users. This is a good book to have especially if your are weight conscious.

Books okay just was looking for something more

A lot of recipes, a lot of ingredients I don't like, but good book

Healthy beginnings with good and great tasting foods.

Perfect

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