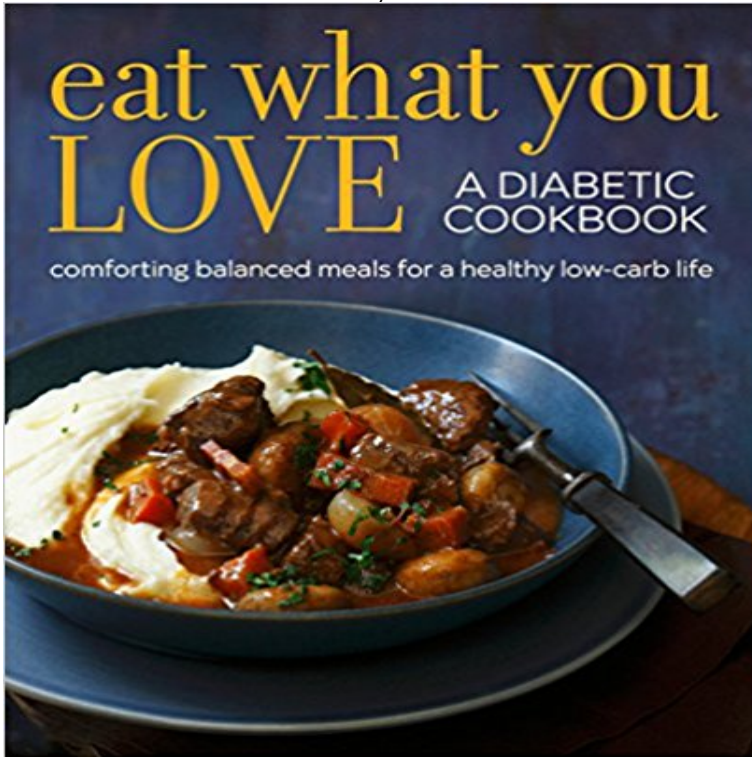


# Eat What You Love: A Diabetic Cookbook of Comforting, Balanced Meals for a Healthy Low-Carb Life



Eat What You Love gives people living with diabetes the freedom to enjoy their favorite foods while making smart and informed food choices. 150 recipes for delicious and comforting mix-and-match meals are designed to ensure managing diabetes is simple and satisfying. And with countless combinations for every meal of the day, you and your household will never get bored. Accessible ingredients and a user-friendly layout make creating balanced meals easy?even fun. Get started today with: Easy-to-understand diabetic meal-planning guidelines A handy chart of diabetes-friendly substitutions for typically high-carb foods Quick & Easy recipe labels for when you're short on time Nutritional information for every recipe Advice and stories from people living with diabetes Bonus chapters featuring sides and desserts for even more variety

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