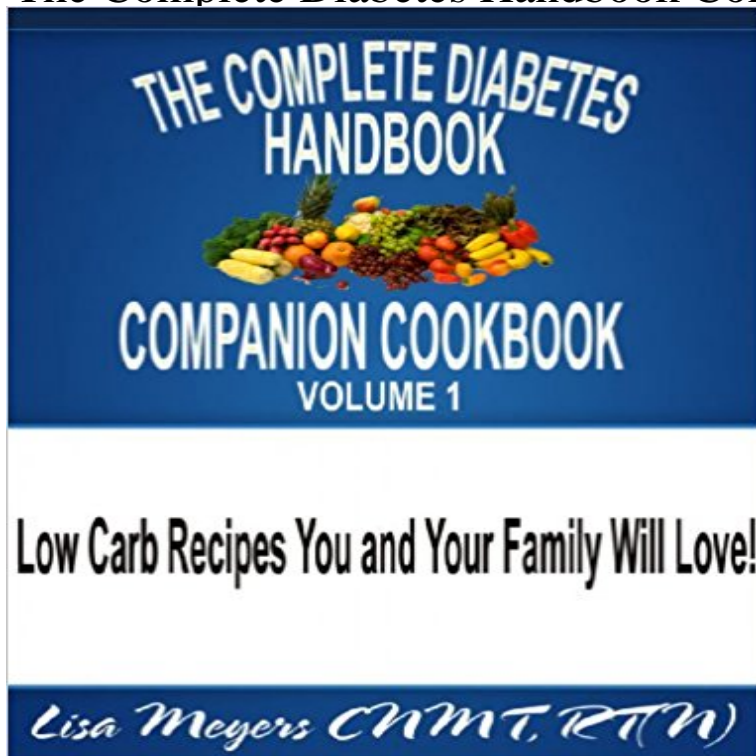


# The Complete Diabetes Handbook Companion Cookbook Volume 1



I love to cook! So, when my family refused to do anything unless I could make the food taste great and they got desserts, the challenge was on. Like many of you, I started by looking at the low carb cookbooks that are on the market. And, much to my dismay, I found that most of them weren't very low carb at all! If I did happen to stumble upon a few recipes, they were either very expensive to make and required ingredients that were difficult to find or I would look at the recipe and say to myself Who would eat this? So, I decided to write a cookbook as a companion for The Complete Diabetes Handbook with recipes that truly are low carb (15 g of net carbs or less per serving) and that use ingredients that can be found in almost any major grocery store. Starting today, you can eat real, wholesome, and delicious foods that really are low carb. No more cooking two different meals and no more wild fluctuations in your blood sugars.

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