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# Quick Cooking For Diabetes 70 Recipes In 30 Minutes Or Less Hamlyn Healthy Eating

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*70 recipes in 30 minutes or less* CreateSpace  
?Have you just discovered that you have type 2 diabetes and think you will have to live a life of renunciation and tasteless meals? ?Do you think it will be difficult to organize meals and stay creative in the kitchen? ?This cookbook can help you to organize your meals quickly and easily while maintaining a tasty and healthy eating. Complications due to diabetes are easily avoided by improving your lifestyle. In fact, moderate and regular physical activity combined with a healthy and balanced diet has been found to be very effective. Living with type 2 diabetes is easy when you have a good ally ? What you will find in this cookbook: ? 21 days meal plan - to help you start your new lifestyle ? Tasty recipes for a healthy breakfast ? Quick and easy recipes for lunches and dinners ? Lots of desserts to satisfy your sweet tooth ? Much more ... ? It's time to take better care of your body, starting a new lifestyle that will improve your mood and your energy ?? ... ?Start taking care of yourself today! This Cookbook it's the ally you have

been waiting for ?

[4 Week Guide With 100+ Tasty Recipes On How To Boost & Restore Your Immune System And Easy Recipes On How To Manage Type 1 And 2 Diabetes; Keeping Yourself Healthy.](#) American Diabetes Association

The evidence is in. The latest research into type 2 diabetes shows that for some people it's possible to put diabetes into remission and for others they can prevent or at least delay the complications of diabetes. Reversing Diabetes explores what these findings mean for you. Drawing on over 20 years of clinical experience as an Accredited Practising Dietitian, including nearly 16 years at Diabetes Australia, Dr Alan Barclay combines the highest- quality evidence about the nutritional management and prevention of diabetes into one easy-to-read book. Including: - Advice for losing weight and keeping it off - Weekly menu planners - 70 inspiring, delicious recipes for households large and small - Complete nutritional breakdown for each recipe Live well, eat well and enjoy life.

*Type 2 Diabetes Cookbook for Beginners* American Diabetes Association

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Fully revised and better than ever, this new edition of Healthy Calendar Diabetic Cooking is packed with new recipes to give cooks with diabetes over a year of delicious, diabetes-friendly meals. Organized around weekly menus and complete grocery lists that are designed to save readers time, effort, and money, this cookbook is a meal-planner and recipe book in one. With hundreds of recipes and an innovative design, it's easy to see why this is one of the American Diabetes Association's all-time best-selling cookbooks. In addition to new recipes and menus, this updated edition includes dozens of recipes and recipe alterations designed to create gluten-free meals. Like many with diabetes, author and dietitian Lara Hamilton was recently diagnosed with celiac disease and subsequently went on a gluten-free diet. Using her firsthand experience, she gives readers expert tips on how to plan meals, alter recipes, and follow a gluten-free diet. This new edition will also include new original photography and a beautiful, two-color interior design, giving the book a beautiful look intended to match the quality of its recipes. With hundreds of recipes, meal-planning tips, and kitchen techniques, Healthy Calendar Diabetic Cooking is one cookbook every person with diabetes should own.

### 30-Minute Type 2 Diabetes

Cookbook John Wiley & Sons  
"When you have diabetes, you can still enjoy delicious meals. Here you'll find a variety of great-tasting dishes which will also help you maintain appropriate blood glucose levels. Plus, we've included helpful information on carbohydrates, fats, proteins, portion control, eating out, and more..."--P. [4] of cover.

70 Easy and Delicious Recipes to Promote Vitality and Longevity Parragon

The Type 1 Diabetes Cookbook is the definitive cookbook to take control of your diabetes with easy, everyday recipes. A balanced diet is the key to stability and good health with type 1 diabetes. The Type 1 Diabetes Cookbook offers the easiest recipes to keep blood sugars steady and allow you to thrive with type 1 diabetes. Laurie Block, MS, RDN, CDE, a registered dietitian and certified diabetes educator with over 30 years of experience, makes it easy to get well-balanced meals on the table with recipes that feature 10 or fewer easy-to-find ingredients. Complete with labels for carbs per serving and a recipe index by carb count, The Type 1 Diabetes Cookbook helps you worry less about what you're eating and build confidence when planning meals. From Baked Chicken Tenders to Chocolate Almond Butter Fudge, The Type 1 Diabetes Cookbook shows you just how good balanced meals can be for you and your family, with: An essential introduction that offers practical guidance for eating properly, including advice on modifying recipes to suit individuals' unique insulin, physical activity, and nutritional needs. Over 80 recipes for breakfast, snacks, packable lunches, meatless and seafood mains, poultry and meat mains, and desserts, with nutritional information for every recipe. Quick-look labels that allow you to easily reference carbs per serving, and other nutritional needs like Dairy-Free, Gluten-Free,

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Nut-Free, and Vegan/Vegetarian recipes. The Type 1 Diabetes Cookbook takes the guesswork out of what, when, and how much you can eat with easy recipes for every day of the week.

**Diabetic Cookbook for Two: 125 Perfectly Portioned, Heart-Healthy, Low-Carb Recipes** Wiley

This positive and uplifting cookbook proves that having diabetes doesn't mean that you can't enjoy a wide variety of foods, nor does it mean that you can't eat your favourite foods ever again. With 60 delicious recipes, each designed to optimize your blood sugar levels and accompanied by stunning photography, this is a book that the whole family will enjoy. The informative introduction arms you with the information you need to plan your meals and make the best food choices when snacking and eating out. Healthy eating never tasted so good!

**The Ultimate Guide to Healthy Weight Loss for Senior Women Including Delicious Recipes to Restore Metabolism, Increase Energy, Prevent Diabetes and Hormones** Quick Cooking for Diabetes 70 recipes in 30 minutes or less

Inflammation is the process by which the immune system protects the body from harmful agents, such as viruses and bacteria. Severe or chronic inflammation, however, can both lead to long term, much or severe and possibly life threatening conditions. People suffering from tumors, rheumatoid arthritis, inflammatory bowel disease, drug reactions, diabetes and other critical health issues may have increased levels of CRP, which is regarded as a major symptom of an inflammatory immune response. This cookbook features many meal plans and delicious recipes this diabetic & inflammatory cookbook helps you eat well and live better. This complete 2 in 1 cookbook for diabetes and Inflammatory is an exceptional resource that covers both adult and childhood-onset, gives explanatory step-by-step instruction

on how to maintain, control and stabilize blood sugar levels in the body, to avert & reverse future Diabetes & Inflammatory complications, comprehensive account of guiding principle for establishing a treatment plan and healthy condition. This book offers Readers comprehensive discussion on diets and meal plan. This modern, graphic cookbook offers the simple, easiest and most appetizing systematic guide to build complete daily meals that are easy, delicious and friendly. Other things you will find in this book include: Carbs that raise blood sugar levels Foods to eat and foods to avoid A day sample of low carb meals Some other ways to reduce your blood sugar levels Low-carb diet and meal plan Benefits of sticking to a low-carb diet Low Carb Diet Recipes for People with Diabetes Critical health and nutrition guides A two-month action meal plan Overview of inflammation and the body's immune response The relationship between diet and inflammation Natural ways to boost your immune system Types and symptoms of inflammation What develop Chronic inflammation in a person Factors that increase the risk of chronic inflammation Common Treatments Herbs for inflammation Foods that may aggravate inflammation Natural ways inflammation can be reduce 14-day meal plan recipes 70+ Anti-Inflammatory Diet Recipes Breakfast Recipes Lunch Recipes Snacks Recipes Dinner Recipes Dessert Recipes So what are you waiting for! Grab your COPY NOW to live a healthy life!!

**2 in 1 Anti-Inflammatory Diet & Diabetes Cookbook and Meal Plan for Newly Diagnosed** Simon and Schuster  
Control pre-diabetes with these 200 easy-to-follow, nutritious recipes that take 30 minutes or less and leave you feeling full, satisfied, and one step closer to a healthier life. A pre-diabetes diagnosis can be concerning, but taking action and incorporating a better diet and more activity

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at an early stage can help you avoid type-2 diabetes altogether. And *The Everything Pre-Diabetes Cookbook* is here to help on your health journey. This cookbook includes 200 healthy and easy recipes that will help you manage your pre-diabetes. You will enjoy meals like a savory stir fry, chili, pasta, and even sweet baked goods like doughnuts, all while creating positive change and improving your health. In 30 minutes or less you can devour these easy-to-make recipes that you 're sure to enjoy. The first step toward a healthier life starts right here!

75 Fuss-Free Recipes for Healthy Eating  
Rockridge Press

The recipes are designed for one or two people, but can be easily scaled up if you're entertaining. Careful meal planning is paramount when it comes to managing diabetes and these delicious and healthy recipes will help you do that -- they're easy to prepare and specifically designed for one or two people. Living with diabetes takes planning, effort, and thought. This shift in lifestyle may seem daunting, but this cookbook will make it so much easier. The 150 recipes and 14-day meal plan designed for just one or two servings will ease any nutrition anxiety because all the work has been done for you. Each recipe meets the American Diabetes Association's recommendation standard of 45 gram to 60 gram carbohydrate allotment. These recipes will eliminate or decrease risk of insulin resistance, eliminate or decrease hypoglycemic and hyperglycemic episodes and decrease your risk for the health issues associated with diabetes. And what's more, you'll reduce your food bill, your waistline and improve your blood sugar management! Every meal, occasion and event has been taken into consideration

when Laura and Lisa developed these pre-recipes. This is where their years of experience as nutrition counselors and diabetes educators proves invaluable. From workday lunches to birthday dinners, Thanksgiving dinner, and gluten-free options, Laura and Lisa offer delicious and practical meal ideas. Recipes are organized into: Breakfast is Served Lunches for You or Two Dinner - Party of Two Savory Snacks Sweet Snacks Bonus Section - Hungry for the Holidays Bonus Section 2 - Everyday Occasions. They also offer excellent information on the many faces of diabetes, the complications associated with diabetes and when to screen for them, and the connection between inflammation, obesity and diabetes and much more.

70 Easy Recipes and Valuable Tips for Healthy and Delicious Breads and Desserts  
American Diabetes Association

Everyone is becoming a fan of the new DASH (Dietary Approaches to Stop Hypertension) diet because of its wide range of food groups and proven physical and mental health benefits. This is why US News and World Report has been ranking it as the best diet for eight years. The most common health benefit of this diet is lower blood pressure which consequentially prevents heart disease, stroke, diabetes, kidney stones, and causes weight loss. The core concept of the diet is to reduce sodium levels and include vegetables, fruits, whole grains, poultry and nuts in the plan. In this book, we will also be looking at the new, trending appliance that is incredibly helpful for people who want to save time and energy while still remaining health savvy- The Instant Pot. This book will help you adopt a healthy lifestyle through the wide variety of recipes (ranging from fancy breakfast recipes to simple desserts and snacks). With the Instant Pot, you can save 70% of your time and energy so you can say goodbye to boiling, steaming, oven cooking and

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all other methods of slow cooking. This new contraption not only saves time and energy but preserves nutrients and food's original flavor. Harmful organisms like aflatoxins and other bacteria and viruses can be eliminated with pressure cooking. This cooker is much more intelligent than the conventional cooker. It has its own heating source and 12 key operation buttons that optimize the settings according to need, thus it cooks quicker and saves energy as heating is only 60% of the cooking time. Users don't have to fret about the safety issues as it has a 9-level safety protection which reduces human error cooker disasters that are lethal. Starting any kind of diet can be a daunting moment for everyone. There are some common questions that almost everyone asks himself before considering to change one's diet so drastically. This is especially common for vegetarians or people with allergies or intolerances for certain substances. As this diet deals with reduction of sodium intake, many people would be curious about how to replace salt with other kinds of salts. I hope that this book addresses all of such questions in Chapter 3. Through the unique collection of recipes in this book, you will surely find your transition to DASH diet smoother and tastier than you imagine. It would be particularly useful if you are new to Instant Pot cooking and want to try some new recipes. So happy cooking! I hope you enjoy this new venture.

Diabetes and Heart Healthy Cookbook Simon and Schuster

Do you miss eating sweets because you have diabetes? After reading the recipes in this book, that will be the thing of the past! Delicious Baking for Diabetics includes seventy easy-to-make desserts that will make you forget any feelings of missing out on eating sugar.

Angelika Kirchmaier includes classics as well as creative recipes with conversion formulas to adapt ingredients to your own taste. Delicious Baking for Diabetics includes recipes for cakes, cookies, and breads including:

- Walnut

- Croissants
- Cashew biscuits
- Chocolate truffles
- Berry tarts
- Zucchini cakes
- Flourless pound cake
- Vanilla chocolate raspberry cake
- Spicy yogurt pancakes
- Herb pizza

Detailed information explains what is important when baking dough and using ingredients, which sweeteners are acceptable, and which spices give that extra touch to cakes to make them really special. All recipes include amounts of protein, fats, carbohydrates, and carbohydrate moiety and exchange. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We 've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Diabetic Cookbook for the Newly Diagnosed Simon and Schuster

The ultimate Instant Pot cookbook for people with diabetes, from the diabetes food and nutrition experts! This Instant Pot – authorized cookbook from the experts at the American Diabetes Association contains 90 easy and healthy recipes made with simple ingredients. Inside, you 'll find nutritious, flavorful Instant Pot recipes that will easily transform into mouth-watering meals. Each recipe includes detailed instructions to walk you through every step of cooking with your Instant Pot. Recipes include family favorites as well as a wide

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range of options inspired by Mexican, Italian, Thai, Indian, and Cajun cuisines. Whatever you have a taste for, you ' ll find it in this book! Additionally, each recipe meets the nutrition guidelines set by the American Diabetes Association. Other features of the Instant Pot Diabetes Cookbook include: Pressure Pointers to help you understand how your Instant Pot works and what it can do A table of cooking times for a variety of ingredients from grains to veggies to meats Essential kitchen equipment and ingredients to have on hand to make diabetes-friendly cooking with your Instant Pot a breeze Complete nutrition information with each recipe to make diabetes meal planning easy

### The Everything Easy Pre-Diabetes Cookbook Kyle Books

Mr. Food is back--with healthier recipes for people with diabetes Mr. Food ' s Quick & Easy Diabetic Cooking was an instant sensation when it was first published in 2000. Now Art Ginsburg, television ' s Mr. Food, has revised this ADA bestseller to make these recipes even healthier for people with diabetes. It features more than 150 delicious Mr. Food recipes, including Marinated Steak Nachos, Citrus-Glazed Cornish Hens, and much more!

200 Healthy Recipes to Help Reverse and Manage Pre-Diabetes Hachette UK

Quick Cooking for Diabetes 70 recipes in 30 minutes or less Hamlyn

Salads for Weight Loss Simon and Schuster

Do you, or a loved one, struggle with Type 2 Diabetes? Do you get frustrated trying to figure out what you can, and can't, eat every day? Are you overwhelmed trying to count carbs for every meal? If you answered yes, then this book is what you need to make meal planning easier.

The Last Diabetic Cookbook You'll Ever Need: 500 Recipes to Help You Control Your Type 2

Diabetes was written for people like you. No more shots or pills, we show you how to manage your Type 2 diabetes with a healthy diet.

Everything you need to feel better and function at your best is at your fingertips. Our easy to follow recipes allow you to spend less time meal planning and more time doing the things you love. Here is a preview of what you will find in this book: A complete overview of Type 2 Diabetes, all the essential information you need to understand diabetes and how to control it, rather than letting it control you. 500 delicious recipes that use real food, not that processed stuff found in so many homes today. Every recipe is based around common ingredients found at your local grocery store and includes nutritional information, so you can stop counting carbs. Meal planning made simple, inside you will find ways to plan your meals ahead of time, giving you more time to spend with your family and friends. Now you can enjoy eating throughout the day knowing that your blood sugar won't spiral out of control. Inside you will find mouth-watering dishes for breakfast, lunch, and dinner that your family will love. Here is a small sample of what you can expect: Apple Filled Swedish Pancake Soft Pretzel Bites Lobster Roll Salad Caramel Pecan Pie Asian Roasted Duck Legs BBQ Pork Tacos Sweet Beef Satay And so much more.... Grab this book today and discover the many delicious recipes you can make that will help you to control your Type 2 Diabetes. This is the last cookbook you'll ever need!

Easy and Delicious Recipes for Weight Loss, Lower Blood Pressure and Prevent Diabetes Tasty Food Academy

Diabetes puts people at a very high risk of having a heart attack or stroke. To address this problem, the American Heart Association and the American Diabetes Association created a heart-healthy cookbook for people with diabetes. Now, it's back in an all-new and expanded edition, including new recipes, twists on previous favorites, updated meal planning advice, and a beautiful new design. It's truly a one-of-a-kind cookbook packed with

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delicious recipes people will genuinely enjoy! Every recipe is low fat, carb controlled, and sodium conscious. Most importantly, every recipe tastes great. Recipes include everything from appetizers and breakfasts to dinners and desserts. With cardiovascular disease ranking number one on the list of diabetes-related complications, this is the must-have cookbook for anyone who wants to pump up his or her heart health! And it's great for those with prediabetes or people just looking to eat heart-healthier, too. The original Diabetes and Heart Healthy Cookbook was a bestseller and a reader favorite. With new and updated recipes and an all-new look, this new edition is better than ever.

### Everyday Diabetes Meals -- Cooking for One Or Two Allen & Unwin

Do you wish you had a diabetic cookbook that included easy and inexpensive recipes for beginners to try out? This book serves as a step-by-step guide to sustaining a healthy lifestyle while living with diabetes. It includes over 500 popular recipes that are not only delicious but also do not take too much time to prepare. Self-care is not something that people typically can learn at school. Rather, it takes a special kind of expert to help diabetics learn to live with their disease and have a healthier life. This book covers a number of topics, including: How insulin works Treating Type 2 diabetes Healthy eating, exercising, and meditating Why we need carbs Essential things you need to know about sugar 100-Day meal plan Various delicious recipes This cookbook will enable you to take charge of your life while further offering you advice on how to improve your diet and eating habits. It also explains the benefits of exercising, especially for those who have problems with their mobility or other physical issues. Whether you have been diagnosed with diabetes or you have a family member that has been affected by this disease, you may be interested in

learning more about how to prepare foods that are low in carbs and simple sugars. So go ahead and buy this book if you are eager to try out some tasty recipes that have been tailored to those with diabetes!

### The Type 1 Diabetes Cookbook John Wiley & Sons

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer - they're all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Salads for Weight Loss - second edition contains over 70 Superfoods Salad recipes created with 100% Superfoods ingredients. Second edition is expanded with more than 15 green smoothie recipes. This 240+ pages long book contains recipes for: Superfoods Protein Salads Superfoods Vegan Salads Superfoods Vegetarian Salads Bonus chapter: Superfoods Condiments Bonus chapter: Superfoods Appetizers Bonus chapter: Superfoods Smoothies Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. "Our Food Should Be Our Medicine And Our Medicine Should Be Our Food." - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it's return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed

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food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Eggs, Farmers cheese, Yogurt, Beans and Lentils Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and stabilize your insulin level Detox your body from years of eating processed foods Lower your blood pressure and your cholesterol Fix your hormone imbalance and boost immunity Increase your stamina and libido Get rid of inflammations in your body Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button."

Slow Carb New Indian Cuisine American Diabetes Association

Discover how to manage diabetes for a healthier and happier life! Written for anyone diagnosed with type 2 diabetes (and for anyone who loves someone with diabetes), *Managing Type 2 Diabetes For Dummies* is an essential guide to understanding the effects of diabetes and knowing what steps to take to successfully manage this chronic illness. Diabetes can lead to serious complications but people with diabetes can control the condition and lower the risk of its many complications. This is your easy-to-understand guide that shows you how. Under the direction of The American Diabetes Association, *Managing Type 2 Diabetes For Dummies* gives hope to the one in 11 people in the United States who are affected by the disease. Written in simple-to-understand terms, *Managing Type 2 Diabetes For Dummies* is filled with a wealth of expert advice and includes the most current information on recent

medical advances for treatment. Improperly managed diabetes and consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves, and teeth. With the authorities at the American Diabetes Association on your side, you will have a practical handbook for preventing complications and managing diabetes with confidence! Prevent and manage the complications of the disease Combat diabetes-related anxiety and depression Lead a healthy life with type 2 diabetes Tap into the better living "rules of the road" with *Managing Type 2 Diabetes For Dummies*. By modifying your diet, consulting with your doctors, staying active, and understanding what medications are right for you, you will be on the path to a happier and healthier lifestyle. 500+ Delicious, Quick and Healthy Recipes to Live a Better Life with Diabetes. Including a 21 Meal Plan Houghton Mifflin Harcourt 'The cookbook every diabetic needs.' - Dr Aseem Malhotra From the bestselling authors of *The Diabetes Weight-loss Cookbook* Being diagnosed with prediabetes or type 2 diabetes can be a real shock. How do you try to lose weight and eat healthily when you also have so little time to cook and shop? Giancarlo Caldesi has successfully lost 4 stone and kept his diabetes in remission for over 8 years. He and his wife, Katie, share their knowledge and experience alongside 100 mouthwatering low-carb recipes that can be made in just 30 minutes or less to help you eat well every day. Suitable for the whole family, there are weekday suppers, no-cook meals to throw together in minutes, feasts to feed friends and celebrate special occasions and even scrumptious desserts. With the unique combination of two chefs, pioneering GP and diabetes specialist Dr David Unwin (@lowcarbgb) and highly respected nutritionist Jenny Phillips, this essential book provides a complete plan for beating diabetes for good.