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The Type 2 Diabetic Cookbook Action Plan: A Three-Month Kickstart Guide for Living Well with Type 2 Diabetes (Paperback)

By Martha Mckittrick, Michelle Anderson

Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Easy recipes. Simple meal plans. Real diabetes management. Start eating and living well with this diabetic cookbook for type 2 diabetes today. Receiving a type 2 diabetes diagnoses can be frightening-and learning to manage your diabetes through nutrition and lifestyle changes can feel overwhelming. Talking with your doctor or a nutritionist is helpful, but you also need real-world guidance and a practical diabetic cookbook in order to live and eat well with type 2 diabetes. As a registered dietician and certified diabetes instructor with over 20 years of experience, Martha McKittrick saw the need for a diabetic cookbook that included individualized nutrition plans for patients with diabetes and other complex medical needs. In The Type 2 Diabetic Cookbook Action Plan, Martha s teamed up with cookbook author Michelle Anderson to create this comprehensive, yet easy-to-follow diabetic cookbook for those with type 2 diabetes. Now you can learn about your management options, while implementing a holistic, actionable, 3-month nutrition kick-starter right away. The Type 2 Diabetic Cookbook Action Plan will help you: FIND THE PLAN THAT S RIGHT FOR YOU with a fully customizable two-week meal plan with options...



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