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The Low-Carb Diabetes Cookbook by

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Diabetic Cookbook For

David Cavan and Emma Porter.

Written by a doctor and a food writer (who also happens to be a Type 1 diabetic), this book concentrates on low-carb recipes as a way of controlling blood sugar and maybe, in the case of Type 2 and pre-diabetics, reversing symptoms altogether.

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60 Delicious Diabetic-Friendly Dinner
Recipes Emily Racette Parulski

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Updated: Sep. 18, 2020 With a maximum of 40g carbohydrates per serving, these recipes are the most delectable way to meet your diabetic diet needs.

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Healthline Reviews the 8 Best Diabetes Cookbook

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