



The Essential Blood Sugar Diet Meals For One: A Quick Start Guide To Cooking On The Blood Sugar Diet. Over 80 Easy And Delicious Calorie Counted ... Lose Weight And Rebalance Your Blood Sugar.

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With plenty of healthy and delicious recipes to choose from, this book is a handy resource for anyone embarking on the blood sugar diet and looking for great recipes which are tailor-made for one person!

This easy-to-follow Quick Start Guide takes a comprehensive approach and provides you with plenty of healthy, calorie counted, sugar-free, low carbohydrate recipes plus a straightforward reminder of what foods you can eat to aid weight loss and improve your health.

Lose weight, improve your blood sugar and unleash a healthier, happier you!

Over 80 Delicious Nutritious Calorie-Counted Recipes For One!

- Improve your blood sugar!
- Lose weight and feel great!
- Discover what you can and can't eat!
- Unleash a slimmer, healthier and happier you!
- Plenty of tasty calorie-counted recipes for one!

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Aimee Nguyen:

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Joshua Parsons:

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Nancy Brown:

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