

# Delicious Diabetic Cooking



Get Tips,  
Recipes,  
and More!

## **Don't let DIABETES or PRE-DIABETES ruin your food fun.**

Most diets focus on what you can't have instead of celebrating what you can have. Not this one!

Learn to prepare delicious low sugar, low carb meals that are both simple and inexpensive.

From easy one-pot dinners to larger meals, we will review the foods, spices, and condiments that are both delicious and diabetic-friendly.

Also great for people following a low carb or Keto diet, and those concerned with inflammation.

*Featuring the latest research and nutritional information.*

