



Eat Great & Lose Weight: The Natural Cure for Diabetes

Mr Al Snapp, Mrs Michelle Snapp

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Endorsed by Dr. Manubens, M.D. Cardiologist. This simple plan has been proven to lower blood pressure, reverse Type I diabetes and lose weight. A sensational concept shows you by eating the right foods you'll feel great whitened days. Written by a former Diabetic and Heart patient, along with his wife Michelle. Let's face it, Our way of life, eating habits and diet hasn't worked. We've become a fast food, junk food society. We spend more time getting takeout food and eating out more than ever. It's taken a serious toll on our health and has affected millions. We've forgotten the simple basics of eating, cooking and enjoying healthy food. This plan brings you back to healthy basics, the way it was years ago. Eating is the most important part of life not only for you, but your family and friends. If you want a better healthier lifestyle, Your first step is 'Eat Great & Lose Weight'. Eat Well, Live Well. There are no expensive food plans to buy or health clubs to join. A 7-day flexible healthy meal plan makes it easy as you eat five times a day. You're shown foods to avoid and healthy food choices. Foods that lower your blood sugar and foods that are high in fiber and low in carbs and fat. A sample food-shopping list of healthy foods is at your fingertips. 35 Easy recipes from Michelle's Kitchen along with preparation and helpful essentials. It will change your life and the way you eat forever. This plan took 18 months to develop and has been proven to work 100%. By consuming at least 35 gms. of Fiber, less than 20 gms. of Sugar and less than 125 gms. of Carbohydrates daily, you'll lose weight, reverse Type II Diabetes and control Heart Disease. It changes the way you think about food, lifestyle and eating. You'll never feel hungry as you eat 5 times a day. There's no need to join a gym, buy expensive prepared foods, or enroll in weight loss programs. Every product and recipe was checked for Sugar, Fiber and Carbohydrates. Sugar and Blood Pressure was monitored 6 times a day, proving without a doubt, this plan works 100%. You're taken through a simple step by step plan that guides you to success; by eliminating processed foods, sugar and starches. This plan proves that sugar substitutes are harmless used in moderation compared to sugar that causes diabetes, heart disease, weight gain and obesity. A glass of Orange Juice has 28 grams of Sugar; your daily intake of Sugar is less than a glass of Orange Juice on this plan. * You begin with a positive attitude by taking a week to get your kitchen in order by eliminating every food that's not healthy. * A complete section, Foods to Avoid and Food Options are listed; making this healthy approach easy. * A Shopping List makes it easy, a list of healthy foods in alphabetical order. You'd be amazed at the products on the market, even sugar free cake mixes, cookies and candy. * You're shown how to prepare meals for a week, then relax and enjoy. All the guess work is taken away. Easy preparation with over 35 easy recipes from Michelle's Gourmet kitchen to yours. There're not only healthy, there're budget friendly and include spices that spice up your life with Mrs. Dash. You'll enjoy chicken, fish, beef, even pork, along with pasta, salads, fruits and vegetables. Pizza and deserts are included; it's perfect for kids and adults. * A 7 day Meal Plan includes Breakfast, Lunch, Dinner and snacks. It can be modified in various ways. It gives you the serving amounts, and lists the fiber, sugar and carbohydrates. You have a daily total of how much sugar, carbohydrates and fiber you consume, making it easy to keep track of and reach your goal. * Foods that lower your sugar and foods high in fiber are listed to make it even easier to meet your goal. * Blank food logs make it easy to keep track of your daily food intake. Eat Great & Lose Weight has worked for individuals and families; it's also working for organizations and companies for people to become healthy.

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From reader reviews:

Marisa Carney:

People live in this new time of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is Eat Great & Lose Weight: The Natural Cure for Diabetes.

Laura Enriquez:

The book untitled Eat Great & Lose Weight: The Natural Cure for Diabetes contain a lot of information on this. The writer explains the girl idea with easy approach. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author provides you in the new age of literary works. You can read this book because you can read more your smart phone, or product, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice go through.

Katie Barry:

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Elois Montgomery:

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