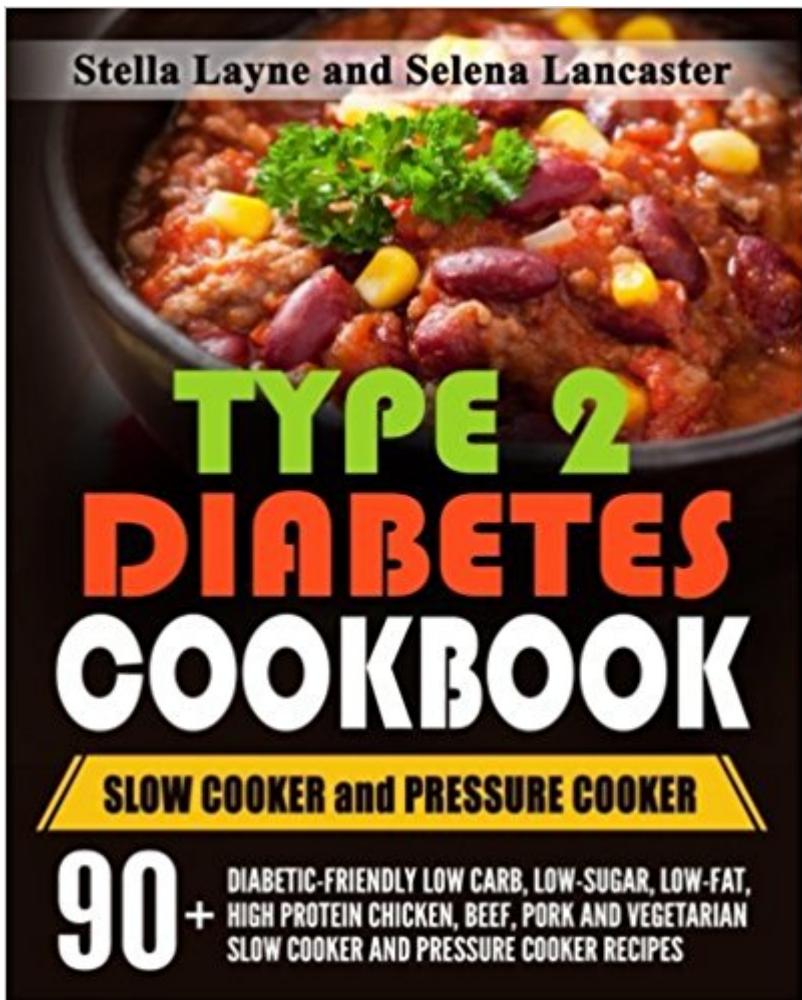


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# Type 2 Diabetes Cookbook: SLOW COOKER And PRESSURE COOKER - 90+ Diabetic-Friendly Low Carb, Low-sugar, Low-Fat, High Protein Chicken, Beef, Pork And ... Pressure Cooker Recipes For Life Long Eating





## Synopsis

90+ Diabetic-Friendly Low Carb, Low-sugar, Low-Fat, High Protein Chicken, Beef, Pork and Vegetarian Slow Cooker and Pressure Cooker Recipes that you can set and forget All recipes in this book are diabetic-friendly with under 30g carbs, 10g sugar and 10g fat per serving. Look at the list of recipes provided in this book below and see it for yourself.

**SLOW COOKER RECIPES**

**BEEF RECIPES**

Beef and Eggplant Casserole  
Low Carb Pizza  
Easy Swiss Steak  
Orange Beef  
Chinese Daikon Beef Stew  
Asian Braised Beef  
Traditional Texas Chili  
Riceless Cabbage Roll  
Classic Beef Stew  
Shredded Beef Portobello Open Sandwich  
Broccoli and Beef  
Beef in Mushroom Sauce  
Round Roast in Apple and Onion Sauce  
Cuban Shredded Beef Spicy Beef Roast

**CHICKEN RECIPES**

Buffalo Ranch Chicken  
Creamy chicken with black beans  
Creamy Mexican Chicken  
Chicken Fajita Soup  
Vinegar Shredded Chicken  
BBQ Chicken  
Sweet and sour chicken  
Creamy Portobello Chicken  
Chicken Cacciatore  
Creamy Lime Chicken  
Chicken and Kale Soup  
White Chicken Chili  
Fiesta Chicken Soup  
Spinach Artichoke Chicken  
Garlic Chicken Parmesan  
Curry Chicken  
Mexican Turkey Casserole  
Spicy Pepper Chicken  
Simple Turkey Chili  
Honey Mustard Chicken Stew  
Herb Roasted Chicken with Vegetables  
Jambalaya Chicken and Shrimps

**PORK RECIPES**

Ham and cauliflower stew  
Crunchy German Schnitzel  
Chops Pepper and Pork Chops  
Teriyaki Pork Roast  
Italian Pull Pork  
Country Style pork loin  
Mexican Pull Pork  
Cranberry-Apricot Pork Roast  
Pork chili  
Pork Carnitas  
Tuscan Pork with Fennel

**VEGETARIAN RECIPES**

Miso Tofu and Shallots  
Vegetable and Bean Soup  
Zucchini Lasagna

**PRESSURE COOKER RECIPES**

**CHICKEN RECIPES**

Southwest Taco Chicken Soup  
Indian Chicken Tikka Masala  
Chicken Mushroom Stew  
Italian Braised Chicken  
Nigerian Chicken and Tomato Stew  
Creamy Buffalo Chicken Soup  
Chicken, Bacon and Lentil Stew  
Thai Green Curry with Chicken  
Spicy Jamaican Chicken  
Hearty Black Bean and Chicken Stew

**BEEF RECIPES**

Beef and Chorizo Chilli  
Granny's Beef Stew  
Creamy Cheeseburger Soup  
Traditional Swiss Steak with Peppers  
Beef Tenderloin with Madeira Sauce  
Fall-apart Round Roast  
Cola Beef Roast  
French Beef Bourguignon with Red Wine  
Mexican Beef Stew  
French Onion Soup with Beef  
Round Roast with Barbecue Sauce

**PORK RECIPES**

Pork with Creamy Mushroom Sauce  
Spicy and Sour Pork Vindaloo  
Braised Pork with Red Wine  
Creamy Dijon Pork Tenderloin  
Skinny Barbecue Pork  
Colorado Chilli Verde with Pork  
Mexican Pork Carnitas  
Taco Salsa Pork Stew  
Pork and Squash Stew

**FISH/SEAFOOD RECIPES**

Salmon Fillets in White Wine Sauce  
Creamy Clam Chowder  
Mussels with Chilli Tomato Sauce  
Mussels with Brandy Sauce  
Mediterranean Scallops  
Seafood in Marinara Sauce  
Beer Shrimp  
Lemon Wine Steamed Clams  
Tomato and Caper Cod  
Lemon Rosemary Salmon  
Mussels with Beer and Chorizo Sauce

Grab this new cookbook today and discover how you can still enjoy your food. Don't take a pass on

these wonderful recipes!

## Book Information

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## Customer Reviews

Having diabetes is such a hard thing to cure and there are a lot of medicines that needed to be taken. In our family, we are prone of having type 2 diabetes and most of us are overweight. Our doctor said that we should more focus on losing weight and also avoid in going out and eating fast food chains because it can also cause kidney failures and other diseases. The recipe book contains more proteins and rich in vitamins which is a must to us. I learned a lot of new recipes here!

The book is awesome well written and easy to understand. I get this book for my uncle to serve him healthy and delicious food which is also heal in diabetes. The book is an interesting guide so I feel that this is a big value addition in my cooking skills thanks.

Just the book I was looking for. The recipes not only sounds delicious but are delicious! The nutrition counts are rich information that all diabetic needs to help decide what to eat, when to eat, and how much to eat. A wealth of information! Thanks!!!

By reading this book I have learned more from this book. That book topic is really very helpful for all of them who wants to know about that. I would highly recommended to read this book everyone. I am a cardiac surgeon. I have been performing coronary bypasses for 20 years. Type 2 diabetes keeps

me in business. I will offer this book to all my patients and their families and I will test them.... the recipes are great!

My father in law has a diabetes. I think this book will be very ideal for him. It has great recipes perfect to reduce and prevent diabetes. The recipes are easy to follow as well. Recommended

All formulas in this book are diabetic-accommodating with under 30g carbs, 10g sugar and 10g fat for every serving. The formula book contains more proteins and rich in vitamins which is an absolute necessity to us. The book has been pressed with important points of interest and in addition the entire formula guides.

This book has everything you need in one place, and the information builds on itself in a really helpful way. This Type 2 Diabetes Cookbook is really nice, and a lot of new quick and easy Paleo slow cooker recipes. This guidebook has a comprehensive clean eating meal plan and saves time in a kitchen. The book is an interesting guide so I feel that this is a big value addition in my cooking skills thanks. Great book. Type 2 Diabetes Cookbook is an amazing book.

Wow I just got this and must say I'm getting hungry and mouth is watering! Shredded Cuban beef, German Schnitzel, all types of ethnic and vegetarian dishes too. Outstanding collection - I'm getting ready to dive in and make the Cuban Beef tomorrow! Can't wait!

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