



# Ultimate 4 Ingredient Diabetic Cookbook

*Sally Hunt*

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## Ultimate 4 Ingredient Diabetic Cookbook Sally Hunt

With only four ingredients you will spend less time shopping and less time in the kitchen. This cookbook is not just for individuals with diabetes, but for anyone seeking a healthier way of eating. Emphasis is on fresh fruits, vegetables, whole grains, lean meats and low-fat milk products. Each recipe has a "Nutrition Facts" label similar to the one found on food products so you can monitor your carbohydrate and sugar intake.

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