



*free approach to healthy meal planning, this book is the first step on your journey to a healthier you!*

*100 Diabetic Friendly Easy to Cook Recipes*

*500 Easy and Healthy Diabetic Diet Recipes for the Newly Diagnosed | 21-Day Meal Plan to Manage Type 2 Diabetes and Prediabetes*

*Flavorful, Fuss-free Recipes for Everyday Meal Planning*

*"Good Housekeeping" Simple Diabetic Cookbook*