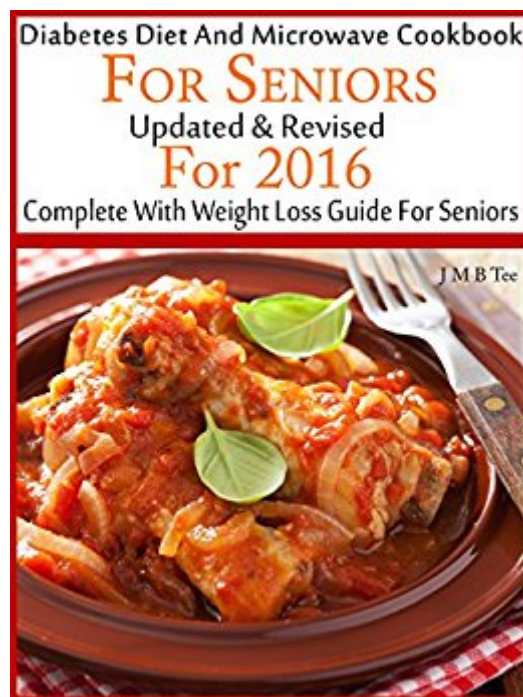




Ebook Directory
the best source of ebook

The book was found

Diabetes Diet And Microwave Cookbook For Seniors Updated & Revised For 2016 Complete With Weight Loss Guide For Seniors



Synopsis

If you have read my other diabetes books, you know that my hubby was taken from me when he much too young to leave me, his family, and this old world behind. He died due to heart disease brought on by diabetes. That old killer, diabetes, started working on his organs before we even knew he had the disease. I am writing these series of diabetes books in order to educate you on the subject of diabetes and to warn you of the horrific consequences of not being properly diagnosed along with helping you to plan your diet and lifestyle so that your body can fight diabetes early on before it is too late. Did you think you had to eat a boring unsatisfying diet just because you are suffering from diabetes? Then you are in for a treat and a surprise as you read this book. This microwave cookbook is full of delicious foods that can be cooked right in your microwave and the recipes contain mouth-watering delicious foods that will delight even the most adventurous appetites. I started using my microwave many long years ago when I was rearing my large family, and I learned just how to use it to turn out mouth-watering recipes, and to save time in the kitchen so I can get outdoors and do the things I love to do. Cooking with a microwave saves you time and energy, lowers your electric bill, and gets your meals cooked quick as a wink.

Table of Contents

Chapter One Review of Diabetes Is A Killer

Chapter Two Quick Easy Rules For Microwave Cooking

Chapter Three Your Microwave Diabetic Weight Loss Diet Plan

Your Microwave Diabetic Weight Loss Diet Plan

Food And Serving Sizes Allowed On Your Diabetic Weight Loss Diet Plan

Weight Loss Milk and Dairy Group

Weight Loss Meat and Bean Group

Weight Loss Grain Group

Weight Loss Vegetable Group

Weight Loss Fruit Group

Weight Loss Smart Fats

Weight Loss Breakfast

Weight Loss Lunch

Weight Loss Dinner

Chapter Four Breakfast Menus With Tasty Microwave Recipes

Breakfast Menu Sample

Perfect Microwave Poached Egg

Delicious Microwave Scrambled Eggs

Omelet Delicious

Scrumptious Asparagus Cheesy Omelet

Cottage Cheese A La Strawberries

Oatmeal Delight With Blueberry Preserves

Blueberry Preserves

Cream of Wheat With Apple Sauce Delight

Microwave Apple Sauce Delight

Microwave Cheesy Grits With Tomato Gravy

Homemade Microwave Tomato Gravy

Chapter Five Lunch Menus With Delicious Microwave Recipes

Lunch Menu Sample

The Ultimate Chicken Salad For Two

Homemade Italian Salad Dressing

Cooking Chicken in Your Microwave

Quick and Easy Baked Microwave Chicken

Hot and Spicy Microwave Barbecued Chicken

Hot and Spicy Barbecue Sauce

Summer Cool and Refreshing Fruit and Vegetable Salad

Opened Face Sliced Beef With Alfalfa Sprouts Sandwich

Microwave Cooked Beef

Beef Gravy From Drippings

Chapter Six Dinner Menus With Scrumptious Microwave Recipes

Mushroom Delight Stuffed Flounder

Hot and Spicy Sword Fish Steaks

Microwave Hot and Sassy Turkey Chili

Microwave Asian Shrimp To Die For

Microwave Kidney Bean Delight

Microwave

Rice DelightMicrowave Baked PotatoBaking More Than One PotatoMicrowave Lamb Steaks Grilled To PerfectionShrimp New Orleans StyleMicrowave Broccoli and CauliflowerQuick as a Wink Tomato SoupChapter SevenMicrowave Cooking Time-ChartSeafoodChickenMeat-Lamb, Pork Chops, Spareribs, Pork Loin Center, Ground Beef, Meatloaf, Beef Rib Roast Rare, Medium, Well Done, Top Round Steak, Sirloin Steak, and Rib EyeRules For Cooking MeatMicrowave VegetablesRules for Cooking VegetablesChapter EightCarb Counter for DiabeticsAlphabetical Food List-Carbs In The Foods You EatLow Carb Foods To Snack OnChapter NineReview of Allowed Foods for the DiabeticConclusion

Book Information

File Size: 1758 KB

Print Length: 94 pages

Publication Date: March 29, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DMS8BQ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #527,167 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery

#89 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #370

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

absolutely fantastic product.

[Download to continue reading...](#)

Diabetes Diet And Microwave Cookbook For Seniors Updated & Revised For 2016 Complete With Weight Loss Guide For Seniors Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes

Diet, Diabetes Diet, Diabetes Magazine] Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Ketogenic Diet For Beginners: Simple and Fun 3

Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)