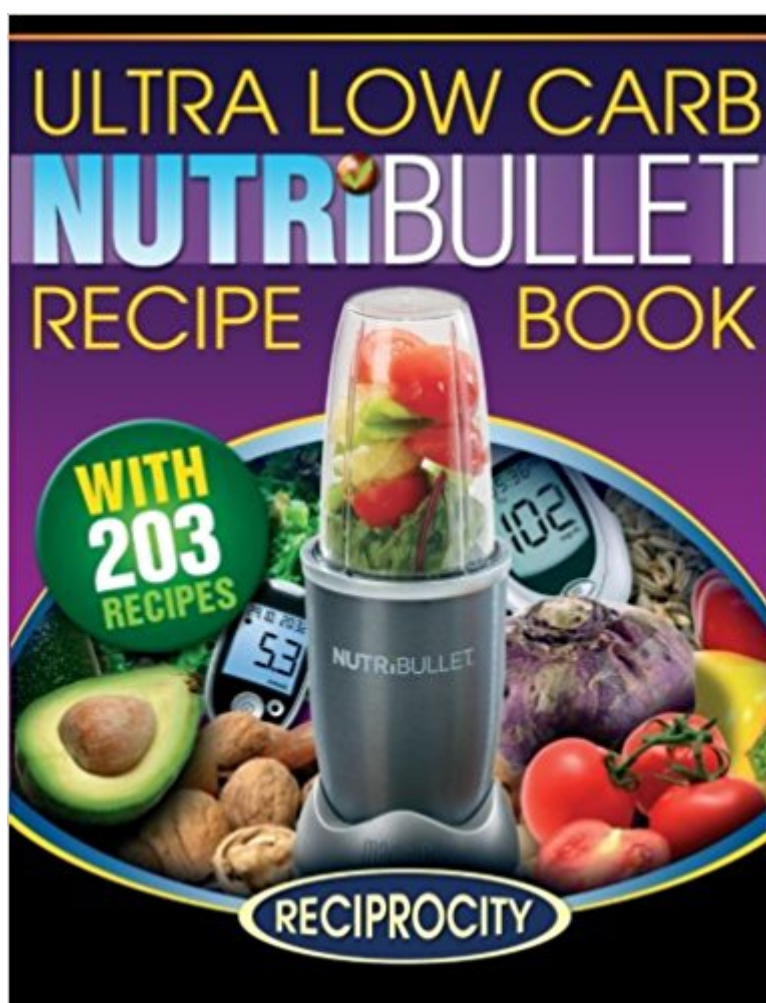


The book was found

NutriBullet Ultra Low Carb Recipe Book: 203 Ultra Low Carb Diabetic Friendly NutriBlast And Smoothie Recipes



Synopsis

Diabetics cannot store all of the sugar that they eat or make in their sugar warehouse (as muscular or hepatic glycogen). This can either be because their warehouse is full up (they have run out of glycogen storage capacity) or because their fork lift truck driver keeps taking tea breaks (insulin resistance). Either way if you cannot store the stuff then the best thing to do is to stop eating it! Hence we have designed 203 very very very low carb Nutribullet Blasts and Smoothies each of which has 11 or less grams of carbs as follows... 3 Special Smoothies (only 5 carb grams) 20 Superfood Ultra Low Carb Blasts 20 Superfood Ultra Low Carb Smoothies 10 Sleep & Mood Enhancing Ultra Low Carb Blasts 10 Heart Care Ultra Low Carb Blasts 10 Detoxing & Cleansing Ultra Low Carb Blasts 10 Clear Thinking brain food Ultra Low Carb Blasts 10 Radiant Skin Nourishing Ultra Low Carb Blasts 20 Double Fruit Ultra Low Carb Blasts 20 Double Fruit Ultra Low Carb Smoothies 35 Fruit & Veggie Ultra Low Carb Blasts 35 Fruit & Veggie Ultra Low Carb Smoothies The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of Agriculture database. All recipes are given in grams, cups and ounces.

Book Information

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Customer Reviews

This book has a ton of recipes for smoothies for diabetics. It is the best recipe book I have seen so far. Very happy with this purchase. Will definitely use this vendor in the future, it arrived earlier than expected and pkging was great.

Great book..and nutribullet has brought my a1c down to 6.4 from 7.1

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For Nutribullet users. This is a good book to have especially if your are weight conscious.

Books okay just was looking for something more

A lot of recipes, a lot of ingredients I don't like, but good book

Healthy beginnings with good and great tasting foods.

Perfect

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