



# Reverse Your Diabetes Diet: Take Control of Type 2 Diabetes with 60 Quick-and-Easy Recipes

*Dr. Dr. David Cavan*

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**Reverse Your Diabetes Diet: Take Control of Type 2 Diabetes with 60 Quick-and-Easy Recipes** Dr. Dr. David Cavan

What if you could not only manage your diabetes, but actually reverse it? This book takes a fresh approach to managing type 2 diabetes. Based on the latest research, it will provide you with the information you need to modify your diet and achieve stable control of blood glucose levels. Including 60 easy-to-prepare recipes, covering breakfasts, snacks, main meals and even desserts, this book is the perfect guide to nutrition for anyone with type 2 diabetes. With meal plans, food lists and healthy alternatives to your favorite foods, you'll find new ideas for what to make from the ingredients in your shopping basket. *Reverse Your Diabetes Diet* will help you to take control of your diabetes and live healthily for good. Includes dual measures.

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