



# DIABETIC COOKBOOK

FOR **BEGINNERS**



1000 Days of Easy & Tasty Recipes  
for The Newly Diagnosed with  
21-Days Meal Plan to Manage Pre-  
diabetes and Type 2 Diabetes and  
Take Back Your Well-Being



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DAYS OF  
RECIPES



**21-Day**  
MEAL PLAN

EMILY TAYLOR



# Easy Diabetic Cookbook

**SB Merriam**

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