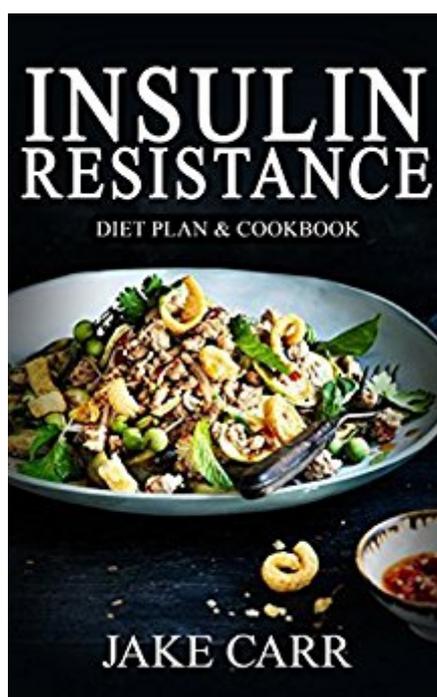


The book was found

Insulin Resistance Diet: Your Step By Step Guide To Cure Diabetes & Prevent Weight Gain Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar)



Synopsis

Reverse Your Insulin Resistance & Finally Start Shedding Those Pesky Pounds! Includes the Top 365+ Approved Insulin Resistance Breakfast, Lunch, Dessert & Snack Recipes as well as One Full Month Meal Plan. Introducing the Revolutionary Insulin Resistance Diet... If you have tried every diet and are still struggling with your weight, the real culprit is most likely Insulin Resistance. When you have more carbs than your body needs, your body responds by secreting more insulin to stabilise your blood sugar levels which in turn causes your body to STORE BODY FAT. In this guide, you will find Scientifically Proven Strategies to help your body reverse this process, known as Insulin Resistance once and for all the using carefully thought out diet plan. get ready for a step-wise approach to take you through the Insulin resistance and further beyond into the practical application of making healthy and super tasty recipes. Think of the Insulin resistance Diet like pushing the "reset" button with your overall health, relationship with food and your lifestyle habits. More than just a diet. It's a Lifestyle. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness, and above all, reverse Insulin Resistance. This book will teach you exactly what you need to know about the Insulin resistance Diet as well as it's many Advantages and Health Benefits. Have a look Inside... The Prevalence of Obesity and Chronic Disease The Truth About Insulin & Weight Gain Insulin: The Fat Switch The Insulin Resistance Diet Rules Exceptions to the rule Why Processed Carb are the Enemy Cleanse & Detoxify YOURSELF One Full Month Meal Plan Here Is A Preview Of The Delicious Diabetes recipes you will find in this book: The Perfect Baked Chicken Wings Cauli Tater Tots Malaysian Bone Broth Soup Bacon Layered Lasagna Pulled Pork Shoulder Loaded Meatloaf Chicken Pie Friendly Pad Thai Classic Chicken Parmigiana Breakfast Berry Mug Cake Pump-Cakes Protein French Bread Breadless Cheeseburger Trio Queso Quesadilla Baked Cheesy Zucchini Roast Chicken and Pepper Salad Crab Sushi Sweet, Salty, and Savory Crepe Zesty Herbed Chicken Salmon Burgers Chicken Pesto Salad Hot Peri-Peri Chicken on Green Salad Mediterranean Chicken Turkey Leg Roast Cheeseburger Soup Indulgence Sirloin Tip Cut with Cilantro Sauce Slow-Cooked Greek Chicken Roasted Bacon-Wrapped Chicken FULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories! | Turn Your Life Around and Purchase this Book at its Lowest Price! |

Book Information

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Customer Reviews

I was recently diagnosed with insulin resistance and ordered this book based on the positive online reviews. The best part of the book is the information covered in the first few chapters. The author gives a very clear description of what this condition is and how to make lifestyle changes, to hopefully eliminate it altogether. As I began reading the book, I was disappointed in the number of grammatical errors that kept appearing. I then noticed that some of the recipes contained errors in the directions: not listing certain ingredients, amounts of and mixing up the names of said ingredients. The most shocking to me was the claim in the Forward stating that there were 365 recipes in the book...this is completely false. I counted a dozen or more recipes that were duplicated and even listed that way in the table of contents. I soon realized that this book was self-published, so I feel compelled to cut Mr.Carr a little slack...however, I'm actually a published author myself (North Light Books) and still find this a bit inexcusable. It resulted in a very confusing format. Self-published or not, there needs to be a proofreading process. That said, there are still plenty (not 365) of recipes to incorporate into an insulin resistant diet plan. Although there were a few foreign ingredients listed, most of the recipes contain readily-available, recognizable ingredients that will be

easy to prepare. I plan on following the "what not to eat" list and create my own breakfast/lunch meals, while using some of the recipes in the book for weekly dinners. Still, a worthwhile book to enable you to get this condition under control.

This book has proven strategies to help reverse diabetes and become insulin sensitive in an efficient sustainable way. This book will help us allow to take control of our health and the benefits that will spill over every part of our life. In this guide, everything needed to be known about revolutionary diet and beyond into the practical application of making delicious recipes will be learned and understood. This is a one year full of recipes to be made in order to recover from suffering diabetes.

I do think that controlling and reversing insulin resistance starts with nutrition. Changing the diet to incorporate nourishing foods for the body will help to change its internal environment that will, in turn, promote gradual weight loss. It will also prime the body and the mind to relax into a healthier state that makes the ensuing recovery process all the easier. Who knows, you or a loved one might just find yourselves having fun with it, knowing that you are healing, taking back control of your life, and doing more to feel great about yourselves.

This book is a blessing to our family since my grandmother suffering from diabetes its very hard for us to find her the right food to eat including food that are insulin resistant one and gladly we found this one its very amazing and healthy as well with great foods which i like it as well!

This book has so many recipes! It comes with a great one full month meal plan and plenty of new recipes. These recipes are very unique, with breakfast and different main course dishes too. Salads and Snack recipes as well. Most main courses seem to take a while to make, typical, but if you are a cook, this is certainly great for main courses. In this book, it tells you insulin resistance diet rules to follow, such as not drinking alcohol, staying away from sugar, or not eating dairy. So many great recipes to try! I was asked to leave an honest review on this book.

I never thought that diabetes can be irreversible. Insulin resistance can be possible with the right type of food to eat. The recipes include nutritional values, and I really appreciate that. It takes away the guesswork and the additional effort of searching for values. With the interesting lineup of food recipes good for a month, I will not be bored with this program.

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