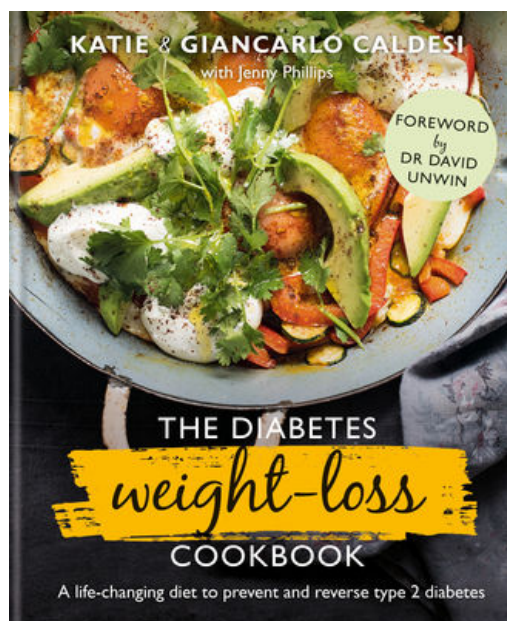


Télécharger Livres Gratuit The Diabetes Weight-Loss Cookbook (PDF | ePub | Mobi) Katie Caldesi & Giancarlo Caldesi download-free



'I've got this book and it's fantastic' Tom Watson, Deputy Leader of the Labour Party

'an inspiring recipe book' *Daily Mail*

'I believe we have eaten our way into this epidemic of diabetes and obesity and that we can eat our way out of it' Dr David Unwin from his Foreword

In 2012 Giancarlo Caldesi was diagnosed with type 2 diabetes. Since adopting a low-carb diet he has lost almost 4 stone and put his diabetes into remission - transforming his and his family's health.

Working with nutritionist Jenny Phillips, Giancarlo and his wife Katie show you how to enjoy a low carb but not no-carb way of life with simple recipes using easy-to-source ingredients that will fill you up without fattening you up. Steak and Chips are still on the menu, as are delicious curries such as Butter Chicken and Spinach Paneer, even puddings like Hot Chocolate Pots or Peanut Butter & Jelly Cake.

An initial diagnosis of diabetes can be shocking and the masses of information daunting, but Katie and Giancarlo share their personal experience of diabetes and weight loss to empower you to make your own informed decisions about food, without sacrificing any of the flavour.

Title	:	The Diabetes Weight-Loss Cookbook
Author	:	Katie Caldesi & Giancarlo Caldesi
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File Size	:	70.18MB

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