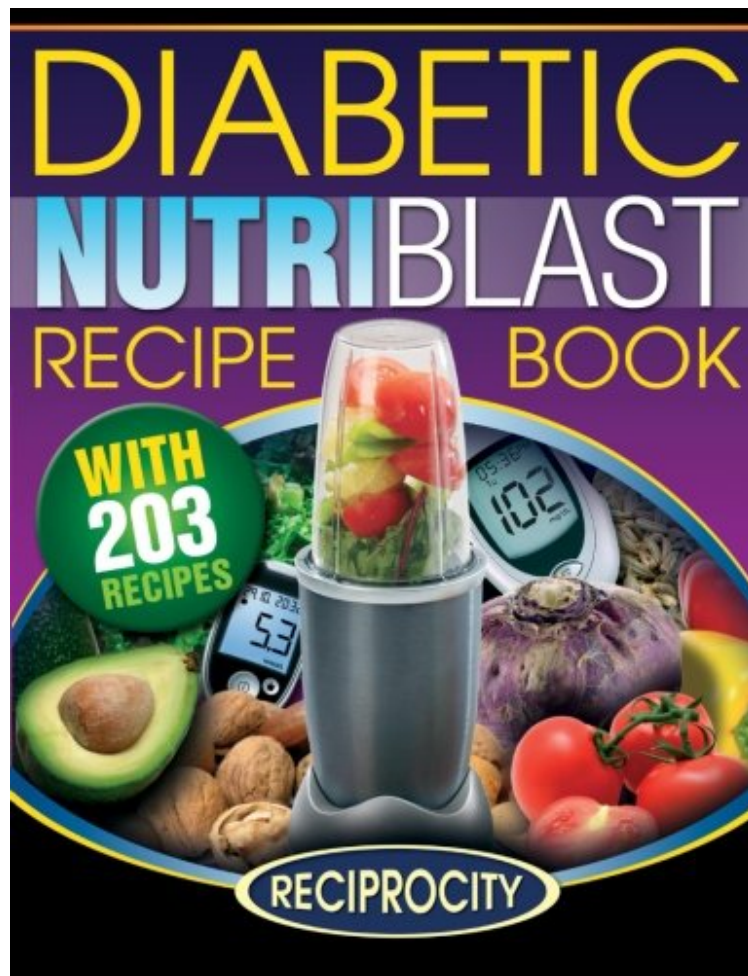


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Diabetics cannot store all of the sugar that they eat or make in their sugar warehouse (as muscular or hepatic glycogen). This can either be because their warehouse is full up (they have run out of glycogen storage capacity) or because their fork lift 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 the 203 recipes to have a maximum of only 11 grams of carbohydrate. This new first edition contains... 3 Mega Low Carb Smoothies 20 Diabetes Busting Superfood Blasts 20 Diabetes Busting Superfood Smoothies 10 Diabetes Busting Sleep Mood Enhancing Blasts 10 Diabetes Busting Heart Care Blasts 10 Diabetes Busting Detoxing Cleansing Blasts 10 Diabetes Busting Clear Thinking Brain Food Blasts 10 Diabetes Busting Radiant Skin Nourishing Blasts 20 Diabetes Busting Double Fruit Blasts 20 Diabetes Busting Double Fruit Smoothies 35 Diabetes Busting Fruit Veggie Blasts 35 Diabetes Busting Fruit Veggie 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.

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