



The Skinny Blood Sugar Diet Recipe Book: Delicious Calorie Counted, Low Carb Recipes For One. The Perfect Cookbook To Complement Your Blood Sugar Diet

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The Blood Sugar Diet is for anyone who has concerns about their blood sugar levels, wishes to lose weight in a healthy controlled manner and maintain a healthy diet for life. The Skinny Blood Sugar Diet Recipe Book is packed with delicious, low carbohydrate, low calorie, Mediterranean style recipes written in line with the core principals of the Blood Sugar Diet created by Michael Mosley. By following our recipes that are low in carbs, sugar and calories, but still balanced and tasty, your body and blood sugar levels will find an equilibrium that in turn will help you to lose weight.

Each chapter is divided simply into calorie counted breakfasts, lunches, dinners, desserts and snacks.

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Andrew Nixon:

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