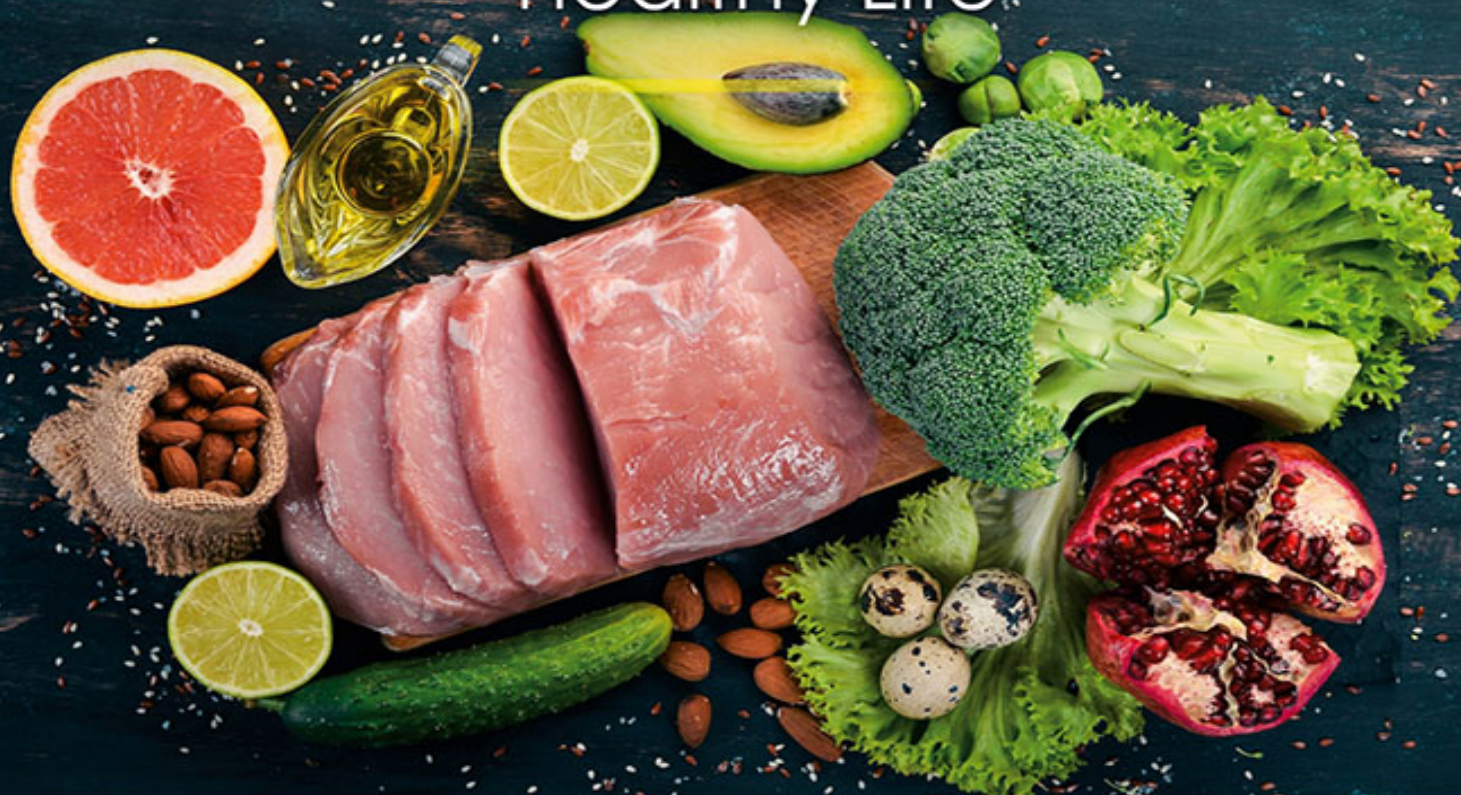


Healthy DIABETIC COOKBOOK

Wholesome
and Healthy Recipes
for the Diabetic Patient
Who wants to live a
healthy Life.



EMILIE VANS

TABLE OF CONTENTS

INTRODUCTION

BREAKFAST

1. BREAKFAST EGG BITES
2. CRISPY BREAKFAST PITA WITH EGG AND CANADIAN BACON
3. BRUSSELS SPROUT HASH AND EGGS
4. SPINACH, ARTICHOKE, AND GOAT CHEESE BREAKFAST BAKE
5. HOMEMADE TURKEY BREAKFAST SAUSAGE

LUNCH

6. LETTUCE SALAD WITH LEMON
7. GROUND TURKEY, ASPARAGUS AND BASIL
8. SMOKY CARROT AND BLACK BEAN STEW
9. OVEN-BAKED POTATOES AND GREEN BEANS
10. CORN TORTILLAS AND SPINACH SALAD
11. BEANS WITH MUSTARD SAUCE AND SPICY CUCUMBERS
12. SIMPLE LEMON FARRO AND STEAMED BROCCOLI
13. CREAMY BELL PEPPER-CORN SALAD AND SEARED ZUCCHINI
14. BROCCOLI WITH HOT SAUCE
15. CAULIFLOWER AND SPINACH SALAD
16. EASY BARBECUE BRISKET
17. CHICKEN THIGHS
18. ORANGE-AVOCADO SALAD

19. AVOCADOS WITH WALNUT-HERB

DINNER

- 20. FIERY JALAPENO POPPERS
- 21. BACON & CHICKEN PATTIES
- 22. CHEDDAR BACON BURST
- 23. PROSCIUTTO SPINACH SALAD
- 24. RICED CAULIFLOWER & CURRY CHICKEN
- 25. LASAGNA SPAGHETTI SQUASH
- 26. BLUE CHEESE CHICKEN WEDGES
- 27. 'OH SO GOOD' SALAD

MEAT

- 28. ZOODLES CARBONARA
- 29. PORK AND APPLE SKILLET
- 30. BROCCOLI BEEF STIR-FRY
- 31. BEEF AND PEPPER FAJITA BOWLS
- 32. PORK CHOP DIANE
- 33. CHIPOTLE CHILI PORK CHOPS
- 34. LIME-PARSLEY LAMB CUTLETS
- 35. TRADITIONAL BEEF STROGANOFF
- 36. SMOTHERED SIRLOIN
- 37. LOADED COTTAGE PIE
- 38. FRESH POT PORK BUTT

SOUP AND STEW

- 39. SPICY CHICKEN STEW
- 40. BRUNSWICK STEW
- 41. DOWN SOUTH CORN SOUP

- 42. CARROT SOUP
- 43. FOUR-BEAN FIELD STEW
- 44. PUMPKIN SOUP

DESSERT

- 45. ROASTED MANGO
- 46. ROASTED PLUMS
- 47. FIGS WITH HONEY & YOGURT
- 48. FLOURLESS CHOCOLATE CAKE
- 49. RASPBERRY CAKE WITH WHITE CHOCOLATE SAUCE
- 50. LAVA CAKE
- 51. CHEESE CAKE
- 52. CAKE WITH WHIPPED CREAM ICING
- 53. WALNUT-FRUIT CAKE

CONCLUSION:

INTRODUCTION

Diabetes is a type of chronic (long-term) disease that causes the body to either resist or ignore its own insulin - leading to chronically high blood sugars. In addition, people with diabetes are often at increased risk for other serious health problems.

Per the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

Diabetes is a kind of disease which blood glucose, or blood sugar, levels are too high. Glucose comes from the foods we eat. Insulin, a hormone made by the pancreas, helps glucose get into our cells to give them energy. With diabetes, your body doesn't make or use insulin well. As a result, glucose that builds up in the blood instead of going into cells. Glucose also stays in the urine.

The health problems that may result from diabetes can lead to serious complications, including blindness and kidney failure. In addition, patients with diabetes are at increased risk for heart disease and stroke.

The number of people having this disease is increasing dramatically. In the United States alone, nearly 23 million people have diabetes. The disease costs about \$174 billion each year.

Diabetes occurs when the pancreas does not make enough insulin or when the body can't use the insulin it makes. The

hyperglycemia (excess sugar in your blood) can damage many tissues throughout the body. For example, nerves that use glucose as fuel die due to lack of oxygen, leading to a variety of symptoms such as blurred vision, numbness and weakness in the limbs and changes in skin color and texture.

The causes of this disease diabetes are still not fully understood. However, the disease is linked to a combination of genetic and environmental factors. Researchers have identified many genes linked with this disease, along with molecular mechanisms through which these genes act and influence our susceptibility to developing type 2 diabetes.

Diabetes has two major types: type 1 (formerly referred to as insulin-dependent diabetes or juvenile-onset diabetes) and type 2. People who have type 1 diabetes need daily insulin injections that keep their blood glucose levels within normal limits. With type 2 diabetes (formerly referred to as non-insulin-dependent diabetes or adult onset diabetes), blood glucose levels can become elevated, but not because the body doesn't make enough insulin. Instead, resistance to insulin in the body is usually the problem.

Why choose diabetic recipes and how to make

There are many reasons why people choose to prepare diabetic recipes, and the popularity of these recipes is growing every year.

Some people have a medical condition that prevents them from eating certain foods.

Another reason for choosing our recipes is that they are exactly what we need in our daily diets.

Benefits of diabetic recipes

One of the major benefits of diabetic recipes is that they are detailed and easy to follow. This makes them very popular with beginners who want to cook something but just don't know where to start.

The other major benefit of these recipes is that they are healthy. They are designed to help you achieve and maintain a healthy weight, along with preventing heart disease, stroke, kidney damage and blindness.

Our recipes are easy to make for people who have a busy schedule or simply do not like to cook much. Diabetic recipes help your body better absorb nutrients in the food you eat while at the same time helping you lose weight. There is an increased level of fiber and lower carbohydrates in these recipes, which helps fight the urge to overeat.

Useful tips for diabetic recipes

It is very important to carefully plan the meals you will eat while following the diabetic recipes. Having too much protein in the meal can result in a large spike in glucose levels.

Therefore, it is recommended that diabetic recipes be consumed with a meal that also contains carbohydrates such as pasta, rice or bread to slow down digestion and prevent this spike.

It is also recommended that people follow a balanced diet while following diabetic recipes. This means having both carbohydrate-rich and protein-rich sources in your daily diet as well as lean proteins, fruits and vegetables. As long as you follow the recommended caloric intake, you will not gain weight.

To achieve and maintain healthy blood sugar levels, it is important to eat regular meals and small snacks. This ensures that your body receives enough blood sugar throughout the day, bringing the glucose level down to a steady state. In addition, eating small meals throughout the day makes it more likely that your body will take in enough nutrients from food to support good skin and hair health.

BREAKFAST

1. Breakfast Egg Bites

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 8

Ingredients:

- Nonstick cooking spray
- 6 eggs, beaten
- ¼ cup unsweetened plain almond milk
- 1 red bell pepper, diced
- 1 cup chopped spinach
- ¼ cup crumbled goat cheese
- ½ cup sliced brown mushrooms
- ¼ cup sliced sun-dried tomatoes
- Salt
- Freshly ground black pepper

Directions:

1. Preheat the oven to 350°F. Spray 8 muffin cups of a 12-cup muffin tin with nonstick cooking spray. Set aside.
2. In a large mixing bowl, combine the eggs, almond milk, bell pepper, spinach, goat cheese, mushrooms, and