



The 8-week Blood Sugar Diet Recipe Book: 150 simple, delicious recipes to help you lose weight fast and keep your blood sugar levels in check

Clare Bailey, Sarah Schenker (Contributor)

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DR MICHAEL MOSLEY'S NO 1 BESTSELLING 8-WEEK BLOOD SUGAR DIET revealed a game-changing approach to weight loss that not only lowers blood sugar levels, but can also reverse and prevent type 2 diabetes.

In this fabulous companion cookbook, Dr Clare Bailey, GP and wife of Michael Mosley, has teamed up with renowned nutritionist Dr Sarah Schenker to create a collection of low-cal, low-carb recipes, all expertly balanced and easy to make. They range from quick breakfasts to deliciously satisfying suppers and follow the Mediterranean style of eating now proven to revolutionise your health

Whether you are embarking on the full 8-week diet plan to reverse your diabetes or simply looking to keep your blood sugar levels in check, this book will help you lose weight and change the way you eat for ever.

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Date : Published September 15th 2016 by Short Books

ISBN :

Author : Clare Bailey , Sarah Schenker (Contributor)

Format : Kindle Edition 208 pages

Genre : Nonfiction, Food and Drink, Diets, Cookbooks, Health, Cooking



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From Reader Review The 8-week Blood Sugar Diet Recipe Book: 150 simple, delicious recipes to help you lose weight fast and keep your blood sugar levels in check for online ebook

Julie Thomason says

I read the 5:2 fast diet from the same people, and found it to be effective but difficult to keep up. A lot of these recipes seem practical and straightforward and look forward to trying them out as a diabetic foodie I have a daily battle with my blood sugar.

Susan in Perthshire says

I have found all the research that Mosley cites to support intermittent fasting as a means of controlling blood sugar fascinating. The work of so many scientists around the world - especially Dr Taylor at Newcastle University is proof enough of the efficacy of this approach. Following Dr Michael Mosley's brilliant books on intermittent fasting, the Blood Sugar Diet and now the Fast 800, I bought this one for more ideas on how to construct well balanced meals on my 800 days to help in my attempts to reduce my blood sugar levels below the pre-diabetic threshold.

I found it surprisingly easy and the menus are simple, varied, manageable and very tasty. Definitely recommend it.

Carol - Reading Writing and Riesling says

My View:

The perfect follow on from the highly successful 8 Week Blood Sugar Diet. Low carb, low calorie, low sugar; each recipe lists the calories, protein, fat, fibre and carb content so you cannot go wrong with this diet. I love that many recipes add legumes to the mix – filling, high fibre and rich in protein and low cost, I am adding legumes where ever I can to my meals. There is even a recipe for a chocolate kidney bean cake (p.189) the authors' state: "We cooked this for a bunch of teenagers who liked it and never got close to guessing that the main ingredient was kidney beans." What do you think? Would you be able to guess? I think I might just have to make this cake and see who I can surprise? (you can also use this recipe to make cupcakes- what a great idea!)

There are many recipes in this book that lend themselves to everyday cooking – and I am sure I will be incorporating more than a few into our diet: Berry coulis or "jam" - made with chia seeds – I keep hearing so much about this style of "jam" I might have to try it out, roasted fruit, kimchi, Thai fish cakes, Moroccan meatballs, chili con carne, easy Bolognese, Vietnamese pho, laksa, haloumi kebabs and many great breakfast and brunch ideas. You will not be bored if you plan your meals from this book and you might just reduce your blood sugar levels too!

Michelle McManus says

can't wait to start eating

Barbara Etoe says

Healthy Lifestyle

All very healthy ingredients. I look forward to testing the recipes and, hopefully keeping my weight to the very minimum.

janice says

Links to the recipes please

As with the original diet book, i am reading this on kindle. It would be so much easier if the meal plans linked to the recipie for the dish specified. Jumping back and forward is a time stealer.

Fiona Lundy says

Great recipes! Truly delicious!
