



## Vegans Eat What!?

*Chef Timothy K. Moore*

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# Vegans Eat What!?

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**Vegans Eat What!?** Chef Timothy K. Moore

1 best selling author This cookbook details how using a plant based diet can enhance a diabetic s health. Diabetes is not a death sentence as it once was. Diabetes can be reversed, giving positive direction for anyone wanting to eat better. This cookbook is an excellent source and contains more than 100 scrumptious diabetic friendly recipes, resulting in superb tasting food. These soulful dishes when prepared are used to lower and control blood sugar levels. These fabulous recipes can be your kick off to a better lifestyle that will help improve or control your blood glucose levels. When incorporating healthy eating for diabetes which is essential to successfully manage diabetes. These recipes average 15 to 20 minutes preparation time. They are extremely budget friendly for anyone with limited income. These recipes are simple, quick to prepare and unbelievably mouthwatering. This cookbook addresses the need; by helping to overcome the diabetic epidemic that is facing the United States. With pre-diabetes affecting 79 million Americans and there are a known 30 million people that is affected with diabetes. This cookbook addresses and helps prevent and control diabetes which has gotten out of control. In today s society since 2000, with diabetes effecting one of every three children, the only proven method that is known to control this outbreak is through a plant-based lifestyle. These recipes are enjoyed by children and are practical to make. This cookbook makes food fun, likeable, and enjoyable again. Enjoy all the fabulous recipes on your way to a better and quality way of life.

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