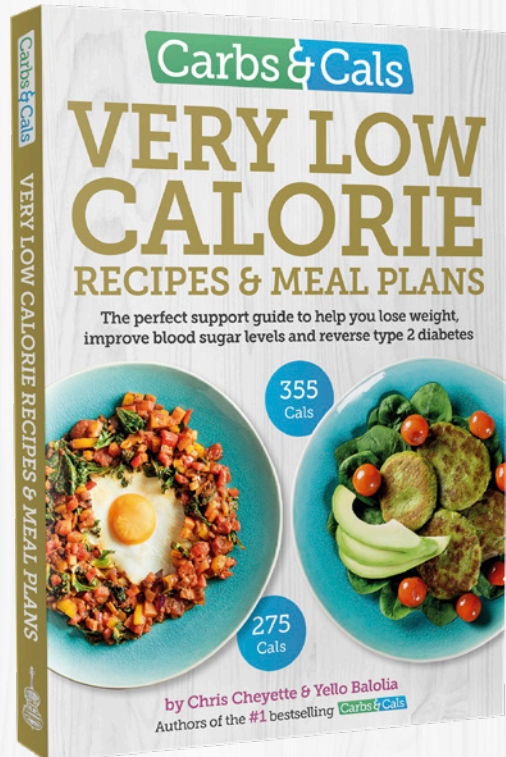
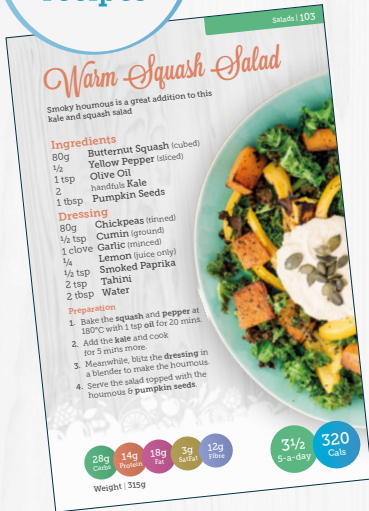


TYPE 2 DIABETES

Very low calorie recipes & meal plans for **weight loss & blood glucose control**

75 easy to prepare recipes

- ✓ The essential book for type 2 diabetes!
- ✓ Also for pre-diabetes, overweight & bariatric

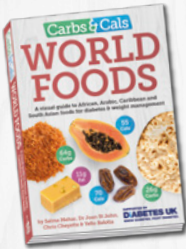


www.carbsandcals.com

More diabetes products overleaf too! →

MORE FROM Carbs & Cals

Visual resources for diabetes, weight loss & healthy eating



WORLD FOODS



SALADS



SMOOTHIES



SOUPS



5:2 DIET PHOTOS



CARB & CAL COUNTER



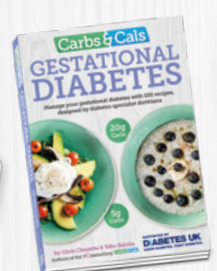
POCKET COUNTER



MOBILE APP



FLASH CARDS



GESTATIONAL DIABETES

PLUS... FREE HEALTH RESOURCES

FREE!

- ★ Register online for FREE access to 50 PDF resources
- ★ www.carbsandcals.com/register



www.carbsandcals.com