



# Reversing Diabetes: Food plan & 70 delicious recipes

*Alan Barclay*

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## **Reversing Diabetes: Food plan & 70 delicious recipes** Alan Barclay

The evidence is in. The latest research into type 2 diabetes shows that for some people it's possible to put diabetes into remission and for others they can prevent or at least delay the complications of diabetes.

*Reversing Diabetes* explores what these findings mean for you. Drawing on over 20 years of clinical experience as an Accredited Practising Dietitian, including nearly 16 years at Diabetes Australia, Dr Alan Barclay combines the highest- quality evidence about the nutritional management and prevention of diabetes into one easy-to-read book.

Including:

- Advice for losing weight and keeping it off
- Weekly menu planners
- 70 inspiring, delicious recipes for households large and small
- Complete nutritional breakdown for each recipe

Live well, eat well and enjoy life.

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