



# **Sugar-Free Intermittent Fasting Recipes and Sugar-Free Vitamix Recipes: 2 Book Combo (Diabetic Delights )**

*Ariel Sparks*

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## **Welcome to the Diabetic Delights Cookbook Set!**

A series of Sugar-Free Cookbooks for home cooks and food enthusiasts!

## **Looking For New Sugar-Free Ideas That Actually Taste Great?**

Explore the world, and make cooking an easy task with Ariel Sparks, as she takes you through different cultures and cooking techniques all carefully designed to please diabetics, or anyone trying control their sugar levels!

## **Perfect For Diabetics**

You'll find a plethora of quick, easy-to-make, cheap, and delicious recipes for every course and every occasion. The best part - you'll experience steady glucose levels and much more energy!

## **Busy Moms Listen Up!**

**Ariel delivers delicious recipes for the entire family. She was a working mother when she decided to write these books, she understands the constraints that come with the territory.**

## **Hungry? Excited? There's More!**

**You'll never have trouble coming up with meal ideas again. The Diabetic Delights Cookbooks provide you with everything you need to go Sugar-Free, stay Sugar-Free, and LOVE EATING SUGAR-FREE:**

- 1. Vitamix Recipes - Soups, Smoothies, Juices, and Sauces - don't have a Vitamix? A blender will do just fine!**
- 2. A Collection of Your Favorite Foods (All Sugar-Free) - miss the pasta, pizza, burgers, and desserts from your diet? It's all one click away!**
- 3. Italian, Indian, Greek, Mexican recipes, and many more!**
- 4. Always on the go? Check out the On-The-Go Recipe Book or the Freezer Recipes Book to save time!**
- 5. On a budget? Eating sugar-free doesn't have to be more expensive than it already is - check out the Quick, Cheap, and Sugar-Free Recipes - with every recipe taking 10 minutes or less!**
- 6. Slow cookers, pressure cookers, and baking galore - you'll find it all with this amazing set of cookbooks!**
- 7. All recipes are family-friendly, and Ariel goes a step further by providing her very own set of Sugar-Free Kids Recipes - great for the whole family - even better for the little ones! e**

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