



Diabetic Living Slow Cooker Recipes

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Recipes for healthy everyday meals you can make in your slow cooker.

Chapters are divided by recipe carb level: 0–5 grams, 6–10 grams, 11–15 grams, 16–20 grams, and 21–30 grams.

Bonus chapter with recipes for quick-to-make low-carb, low-fat side dishes and desserts.

Complete nutritional analysis as well as diabetic exchanges for each recipe.

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