

Sugar Busters! Quick & Easy Cookbook By Luis A. Balart, Sam Andrews

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Sugar Busters - Health

When it first hit the diet scene in 1995, Sugar Busters! rocketed to the number-one the growing diabetes epidemic, as well as a whole bunch of new recipes. Foods are ranked according to how fast they raise blood sugar and keep it elevated, This is a basic eating style you take on for the long haul.

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Find great meal ideas, diet tools, community support and more as you discover a world of No sugars. An easy and gluten free recipe for delicious muffins.

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