



# **Recetas sabrosas en 30 minutos para diabéticos / Tasty recipes for diabetics in 30 minutes (Spanish Edition)**

*Erika Fritzsche*

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*Erika Fritzsche*

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¿Te has desconcertado porque te acaban de diagnosticar diabetes mellitus? Este nuevo desafío parece de gran envergadura y otorga una importancia bastante notable al tema de la comida diaria. Pero adaptar tu alimentación es más fácil de lo que piensas. Si tienes un conocimiento preciso de lo que debes hacer en función de tus

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