



# **The New Diabetes Diet: Control At Last (& Easy Weight Loss) with No Carb Counting, No Sugar, No Flour...AND Brownies!**

*Joyce Schneider, Robert Schneider*

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The authors, a Cook and a Cardiologist, have discovered a breakthrough new way to cut carbs, control diabetes, and to lose weight easily. For hours-longer sugar control, they have figured out how to substitute protein powder for flour, the main source of carbs in food. They've also figured out how to substitute milled flaxseed, which has no absorbable carbs and is **vastly healthier than whole grains**, for butter and margarine in baking snacks and goodies. Recipes made in this exciting new way -- all luscious, very low carb with no saturated or trans fat -- all contain such high amounts of protein, fiber, vitamins, calcium, and antioxidants that they can be portable meal replacements. If you have diabetes or are just trying to lose weight, you can now enjoy brownies, muffins, blondies, pancakes, cookies, pies, cakes, tortillas, snack bars, bread, sandwich rolls, pizza, and more. Carbs, even "good" carbs, just make you hungry again. Protein's slo-mo energy release keeps you feeling full, stabilized, and in control for hours. Here are some sample recipes of these nutrient-crammed yummys: • Pancakes: each 98 calories, 15 g protein, 3 g carbs and 2 g monounsaturated fat • Brownies: each 74 calories, 12 g protein, less than 1 g carb, 2 g fiber, 1.5 g monounsaturated fat and 4,666 antioxidants • Blondies: each 122 calories, 16 g protein, 2 g carbs, 2 g fiber, and 2,674 antioxidants • Tortillas, each 61 calories, 11 g protein, 0 g carbs, 3 g monounsaturated fat, and 36,000 antioxidants • Quesadillas, each 59 calories, 10 g protein, 2 g carbs, 1 g monounsaturated fat and 12,000 antioxidants • Banana nut bread, each slice 110 calories, 11 g protein, 7 g carbs, 2 g fiber, 2 g monounsaturated fat and 2,250 antioxidants • Pizza, each slice (1/6th of a pizza) 161 calories, 23 g protein, 3 g carbs, 2 g fiber, 2 g monounsaturated fat and 1,000 antioxidants, • Homemade Protein Bread: Each slice 92 calories, 19 g protein, 0 g carbs, 2 g fiber and 1,500 antioxidants • Burger rolls, each 177 calories, 36 g protein, 0 g carbs, 2 g fiber, and 11,502 antioxidants These are examples, not of this eating plan's chicken, fish, fruit or vegetable recipes, but of the formerly most craved but carby treats which you can now have - as much as you like - with no worry over breaking your diet or blood sugar spikes. Rapture! For more information: <http://www.thecookandthecardiologist.com>

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