

10 Diabetes Destroying Dinners



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Introduction

Diabetes is a chronic condition affecting more than 30 million Americans – that's roughly 9% of the entire population. As common as diabetes is, many of the people who have it underestimate the dangers and don't take steps to manage it properly. Left untreated, diabetes can contribute to some serious complications including eye damage, nerve damage, and even amputation!

As serious a disease as diabetes is, however, it is actually fairly easy to manage. It is even possible to reverse your type 2 diabetes! Managing diabetes is all about keeping your blood sugar stable and avoiding sudden spikes. For the most part, you can achieve this goal through healthy diet and exercise. For some people, however, these lifestyle changes are not enough – for them, insulin injections are a daily necessity.



If you want to lower your blood sugar naturally, without the need for insulin injections, you'll need to make some healthy changes to your diet. Reducing your intake of high-glycemic carbs and refined sugars is very important, but there are also some nutrients and healthy foods that will help you stabilize your blood sugar and repair insulin sensitivity.

In this report, you'll learn the basics about diabetes and how following a healthy diet can help you manage it. You'll also receive a collection of 10 delicious diabetes-destroying dinners.

So, if you're ready to kiss your high blood sugar goodbye, just turn the page and keep reading!

10 Diabetes-Destroying Dinners

Diabetes and obesity are very closely linked, so it only makes sense that losing weight is an important step toward managing or reversing your diabetes. The best way to lose weight is to follow a healthy diet and to engage in regular exercise. Similarly, these two lifestyle changes are the best things you can do to manage your diabetes!

But what exactly does a healthy diet for diabetes look like?

Diabetes is caused by high blood sugar, so a healthy diet for diabetes is one that minimizes blood sugar spikes and helps to restore insulin sensitivity. The primary focus of a diabetes-friendly diet is low-glycemic foods such as whole grains, fresh fruits and vegetables, beans and legumes, nuts, seeds, lean protein, and non-fat dairy. Each meal should consist of a lean protein like fish, chicken, or turkey as well as whole grains and fresh vegetables. Try to limit your intake of sodium, saturated fats, and refined sugars while increasing your fiber intake and eating as many nutrient-rich foods as you can.

One of the best things you can do to manage your diabetes is to stop eating out and to start cooking for yourself. Fast food, restaurant food, and frozen dinners all tend to be very high in calories, carbs, and fat. Cooking your own meals allows you to control the ingredients you use and therefore the effect of the meal on your blood sugar.

Before you panic, know that cooking your own meals doesn't have to be complicated or time-consuming! In fact, in this book you'll find a collection of ten simple but delicious diabetes-destroying dinners. All you have to do is pick one, purchase the ingredients, and give it a go!

2 weird ingredients proven to regrow hair

Are you sick and tired of seeing your hair fall out in the shower, or having to cover over your bald patch every day?

Then you need to start eating [THESE two ingredients](#).

Recipes Included in This Book:

Hearty Stuffed Pepper Soup
Herb-Roasted Pork Tenderloin
Crispy Oven-Baked Chicken
Balsamic-Glazed Salmon and Greens
Sesame Ginger Beef Stir-Fry
Sweet Potato Black Bean Burgers
Baked Crab Cakes with Dill Sauce
Apple Cinnamon Pork Chops
Baked Halibut with Tomato Basil Salsa
Southwestern Veggie Bake

Hearty Stuffed Pepper Soup



If you're looking for a hot, hearty, and healthy dinner option, you've got to try this stuffed pepper soup. Made with fiber-rich brown rice, tender tomatoes, and nutrient-rich bell peppers, this recipe will keep you feeling full without causing your blood sugar to spike. Best of all, you can reheat the leftovers to enjoy for lunch!

Servings: 6 to 8

Ingredients:

- 1 pound lean ground turkey breast
- 1 large yellow onion, chopped
- 3 medium bell peppers, assorted, chopped
- 3 cloves minced garlic
- 4 cups low-sodium beef broth
- 2 cups water
- 1 (14.5-ounce) can diced tomatoes in juice
- 1 teaspoon chili powder
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- 1 cup instant brown rice, uncooked

Instructions:

1. Brown the ground turkey in a large skillet over medium high heat, breaking it up into chunks with a wooden spoon.
2. As the meat browns, stir in the onions, bell peppers, and garlic.
3. Once the meat is brown, drain the fat then spoon the mixture into a slow cooker.
4. Add the beef broth, water, and tomatoes along with the spices.
5. Cover and cook on low heat for 8 to 10 minutes or on high heat for 4 to 5 hours.
6. Uncover the slow cooker and stir in the rice then cook for another 30 minutes until the rice is cooked.

The fun drink that makes you skinny? (try it tonight!)

Imagine if you could go out every weekend, have fun, drink alcohol, do ZERO exercise all week, and still burn belly fat.

Scientists at Washington State University have found that a little known ingredient found in [a very specific alcoholic drink](#) can increase your body's fat-burning powers by up to 370% - allowing you to burn 1-2 pounds of belly fat overnight, and achieve life-changing weight loss in less than 30 days.

[>> Click here to reveal the alcoholic drink that makes you skinny.](#)

Herb-Roasted Pork Tenderloin



Positively packed with flavor, this herb-roasted pork tenderloin is surprisingly simple to prepare. Not only is it sure to leave you feeling full and satisfied, but it is rich in diabetes-friendly nutrients as well. Pork, particularly pork tenderloin, is an excellent source of lean protein as well as zinc, selenium, and B vitamins. It also contains a balance of omega-3 and omega-6 fatty acids which is good for total body health.

Servings: 6 to 8

Ingredients:

- 1 (4 to 4 ½ pound) boneless pork tenderloin
- Salt and pepper
- 1 tablespoon olive oil
- 2 tablespoons minced garlic
- 1 tablespoon fresh chopped rosemary
- 1 tablespoon fresh chopped thyme
- 1 tablespoon fresh chopped oregano
- 1 teaspoon fresh chopped sage

Instructions:

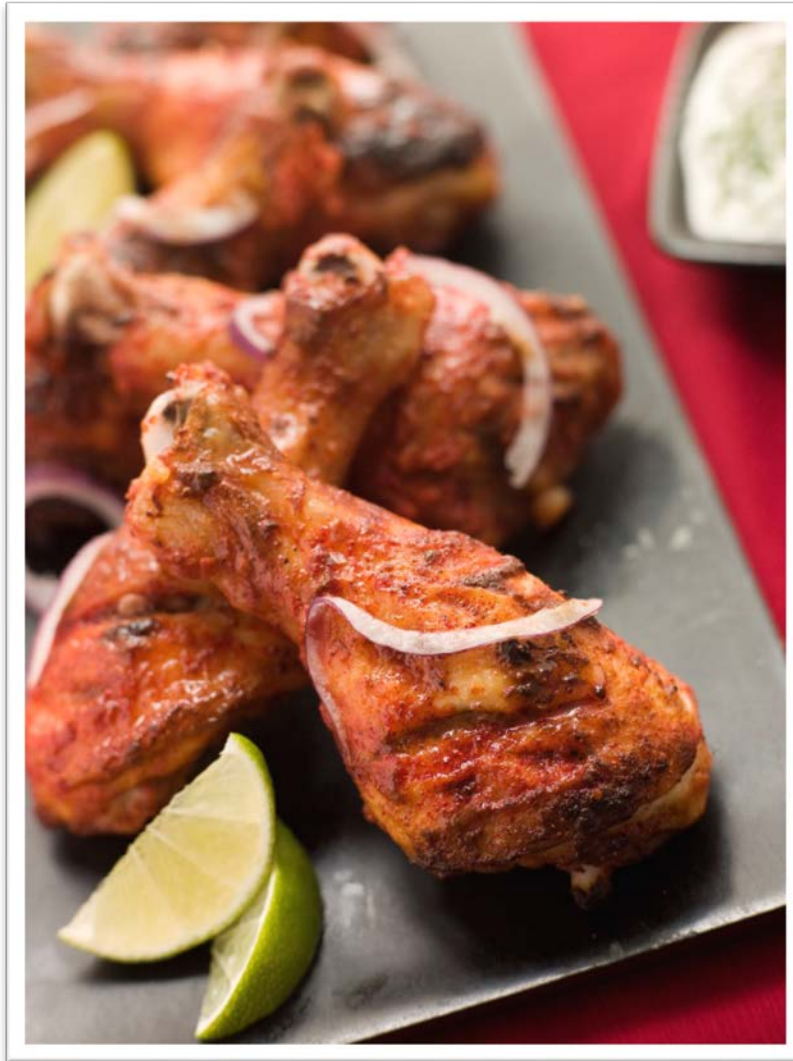
1. Preheat the oven to 350°F and place a rack in the middle of the oven.
2. Trim the excess fat from the pork then pat it dry and season with salt and pepper.
3. Heat the oil in a roasting pan over medium-high heat.
4. Add the pork and brown on all sides before transferring to a plate.
5. Mash the garlic with a little olive oil in a small bowl then stir in the herbs.
6. Place a metal rack in the roasting pan and the tenderloin on top.
7. Spread the herb mixture on top and down the sides of the tenderloin.
8. Roast the tenderloin for 1 hour then check the internal temperature.
9. Cook for 15 minutes or as needed to reach an internal temperature of 145°F.
10. Transfer the pork to a cutting board and let rest 15 to 20 minutes - slice to serve.

Amazonian Tribe “Immune” To High Blood Pressure Say Experts

A small, isolated tribe living in the depths of the Amazonian rainforest are effectively immune to Hypertension say leading researchers.

It's all because they eat [this](#) fruit and herb combo daily.

Crispy Oven-Baked Chicken



Everyone loves fried chicken but, unfortunately, it is loaded with saturated fat and calories. This crispy chicken is a diabetes-friendly version of this dish, made with whole-wheat breadcrumbs for a boost of fiber and baked rather than fried. You also get the benefit of lean protein in a healthy but satisfying meal fit for the whole family.

Servings: 8

Ingredients:

- 8 chicken thighs and drumsticks
- Olive oil cooking spray
- ¼ cup liquid egg whites
- 2 tablespoons skim milk
- 1/3 cup reduced-fat grated parmesan cheese
- 1/3 cup whole-wheat breadcrumbs
- 1 teaspoon dried oregano
- ½ teaspoon paprika
- ½ teaspoon chili powder
- Salt and pepper

Instructions:

1. Preheat the oven to 375°F and line a rimmed baking sheet with foil.
2. Spray the baking sheet with olive oil cooking spray then set aside.
3. Combine the egg whites and skim milk in a bowl and whisk well.
4. In a shallow dish, stir together the parmesan cheese, breadcrumbs, herbs, and spices.
5. Dip each piece of chicken in the egg mixture then coat with the breadcrumb mixture.
6. Place the chicken pieces on the baking sheet.
7. Bake for 45 to 55 minutes until the chicken is cooked through (internal temperature of at least 175°F).

Balsamic-Glazed Salmon and Greens



Not only is salmon a protein-rich ingredient, but it is loaded with omega-3 fatty acids to promote heart health as well. To boost the health benefits of the fresh salmon, this recipe also includes sautéed kale. In addition to being packed with vitamins and minerals, kale also contains a good bit of chlorophyll which reduces inflammation, cleanses the blood, and regulates blood sugar.

Servings: 4

Ingredients:

- 4 (6-ounce) boneless, skinless salmon fillets
- ½ cup balsamic vinegar
- ¼ cup low-sodium chicken broth
- 1 ½ tablespoons honey
- 1 ½ tablespoons Dijon mustard
- 1 teaspoon minced garlic
- 2 tablespoons olive oil, divided
- 1 pound fresh kale, stems trimmed and leaves chopped
- ½ cup water

Instructions:

1. Allow the salmon to rest at room temperature for 15 minutes.
2. While the salmon is resting, prepare the greens.
3. Heat 1 tablespoon oil in a heavy skillet over medium heat.
4. Add the kale and sauté for 1 minute then add the water and reduce the heat to medium-low.
5. Cover the skillet and let cook for 12 to 15 minutes until tender.
6. Meanwhile, whisk together the balsamic vinegar, chicken broth, honey, mustard, and garlic in a small saucepan.
7. Bring the mixture to boil over medium-high heat then reduce to medium-low and simmer until thickened and reduced by two-thirds.
8. Remove the glaze from the heat and set aside.
9. Season the salmon with salt and pepper.
10. Heat the remaining oil in a nonstick skillet over medium-high heat then add the salmon fillets and sear on one side for 3 to 4 minutes.
11. Flip the salmon and cook 2 to 3 minutes more until just cooked through.
12. Drizzle the salmon fillets with the balsamic glaze and the sautéed kale.

**Is THIS Bathroom Habit Really
the Cause of Your Hearing Loss?**

You wake up in the morning.

Brush your teeth.

And then you do [THIS](#).

Could this everyday bathroom habit be KILLING your hearing?

That's exactly what Harvard Medical School has concluded in a recent study.

In fact, **doing** [this just twice a week](#) was shown to increase hearing loss by up to 24%.

Sesame Ginger Beef Stir-Fry



Loaded with healthy vegetables, this sesame ginger beef stir-fry is a fiber-rich meal that is sure to satisfy. Not only is it full of low-glycemic ingredients that won't cause your blood sugar to spike, but fresh green veggies are full of chromium, a nutrient that improves insulin sensitivity, reduces sugar cravings, and stabilizes blood sugar. Enjoy it with some steamed brown rice to up the fiber content even more!

Servings: 4 to 6

Ingredients:

- 1 pound boneless beef sirloin
- 1 cup low-sodium chicken broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon fresh grated ginger
- 1 teaspoon minced garlic
- 1 tablespoon cornstarch
- ¼ teaspoon red pepper flakes
- 1 medium yellow onion, sliced
- 2 cups fresh chopped broccoli
- 1 large red pepper, cored and chopped
- Toasted sesame seeds
- Steamed brown rice

Instructions:

1. Trim the fat from the beef then slice it thinly across the grain.
2. Whisk together the chicken broth, soy sauce, ginger, garlic, cornstarch, and red pepper flakes in a small bowl and set aside.
3. Heat the sesame oil in a wok over medium-high heat.
4. Add the onion and sauté for 2 minutes then toss in the broccoli and red pepper.
5. Sauté the veggies for 2 to 3 minutes until tender-crisp then remove to a bowl.
6. Add the beef to the wok and cook for 2 to 3 minutes until just browned.
7. Push the beef to the sides of the wok and pour the sauce into the middle.
8. Let it bubble for a minute or two then toss in the beef as well as the veggies.
9. Cook until heated through then serve immediately, sprinkled with sesame seeds to garnish.

Sweet Potato Black Bean Burgers



A vegetarian alternative to beef burgers, these sweet potato black bean burgers are loaded with dietary fiber to help stabilize your blood sugar. Sweet potatoes are also rich in magnesium, a mineral that helps regulate blood sugar and reduce sugar cravings. Paired with protein- and fiber-packed black beans, sweet potato makes a tasty burger in this diabetes-destroying recipe.

Servings: 6

Ingredients:

- 2 large sweet potatoes
- Olive oil, as needed
- 1 ½ cups steamed brown rice
- 1 cup canned black beans, rinsed and drained
- ½ cup almond meal
- ½ cup sliced green onion
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- Salt and pepper
- Toasted wholegrain buns

Instructions:

1. Preheat the oven to 400°F and line two baking sheets with foil.
2. Cut the sweet potatoes in half and brush with oil then bake on one of the baking sheets for 30 minutes or until they are tender.
3. Remove the sweet potatoes from the oven and reduce the temperature to 375°F.
4. Combine the brown rice, black beans, almond meal, green onion, and spices in a mixing bowl.
5. Scoop the flesh of the sweet potato from the skins and into the bowl.
6. Mash everything together until well combined.
7. Spoon the mixture onto the second baking sheet in six even-sized mounds.
8. Gently flatten the mounds then bake for 30 to 45 minutes, flipping halfway through, until firm and dry.
9. Serve on toasted wholegrain buns with your favorite burger toppings.

Baked Crab Cakes with Dill Sauce



These crispy baked crab cakes pair perfectly with a creamy dill sauce for a simple but satisfying meal. Crab is a delicious lean protein packed with omega-3 fatty acids as well as calcium, phosphorus, and selenium. It also contains copper, a mineral that boosts circulation to help prevent heart problems that commonly affect diabetics. Fresh dill is also loaded with healthy nutrients including antioxidants and anti-inflammatory compounds.

Servings: 6

Ingredients:

- 1 can light coconut milk
- 2 tablespoons fresh lemon juice
- ¼ cup fresh chopped dill
- 2 cloves minced garlic
- ¼ cup light mayonnaise
- 1 tablespoon Dijon mustard
- 1 egg white
- 2 tablespoons fresh chopped parsley
- 2 tablespoons sliced green onion
- 1 teaspoon dried dill
- 1 ½ cups whole wheat breadcrumbs
- 2 (6-ounce) cans jumbo lump crab meat

Instructions:

1. Whisk together the coconut milk, lemon juice, dill, and garlic in a small bowl then cover and chill.
2. In another bowl, whisk together the mayonnaise, mustard, and egg white.
3. Whisk in the herbs and spices until well combined.
4. Flake the crab into the bowl and toss in ½ cup of the breadcrumbs.
5. Shape the mixture into six even-sized patties about ½ inch thick.
6. Place the crab cakes on a foil-lined baking sheet and cover with plastic.
7. Chill the crab cakes for 30 minutes then preheat the oven to 300°F.
8. Heat the oil in a large skillet over medium heat.
9. Coat the crab cakes with the remaining breadcrumbs then add them to the skillet (in batches, if necessary).
10. Cook until golden brown on both sides, about 4 to 5 minutes on each side.
11. Transfer the crab cakes back to the baking sheet and place in the oven to keep warm if you need to cook them in batches.
12. Serve the crab cakes warm with the dill sauce.

Apple Cinnamon Pork Chops



Though you may think that apples and pork chops are a strange combination, one bite of this dish will change your mind. In addition to being packed with protein, this recipe is rich in antioxidants and dietary fiber. Apples are particularly high in phytonutrients and antioxidants which helps to regulate blood sugar and improve other markers of diabetes. Cinnamon also offers blood sugar-lowering benefits, making this a power-packed recipe for diabetes.

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 4 (4-ounce) boneless pork chops
- 3 tablespoons light brown sugar
- 1 ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 4 medium apples, peeled and sliced thin
- 2 tablespoons chopped walnuts

Instructions:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the pork chops and cook for 4 to 5 minutes on each side until the internal temperature reaches 145°F.
3. While the pork chops are cooking, stir together the brown sugar, cinnamon, nutmeg, and salt in a small bowl.
4. When the pork is done, transfer it to a plate and keep warm.
5. Add the apples, walnuts, and the brown sugar mixture to the skillet along with the coconut oil.
6. Cook until the apples are tender, about 10 minutes, then spoon over the pork chops to serve.

Olive Oil vs Coconut Oil vs Vegetable Oil (which is best?)

Guess which simple everyday cooking oil has been shown to reverse memory loss and cure Alzheimer's and other forms of dementia.

Is it...

- A) [Olive oil](#)
- B) [Coconut oil](#)
- C) [Vegetable oil](#)
- D) [Sunflower oil](#)

Have a guess and see if answered correctly, [right here](#)

Grilled Halibut with Tomato Basil Salsa



In addition to being a lean protein, halibut is rich in several important nutrients including omega-3 fatty acids, folic acid, and magnesium. Both omega-3 fatty acids and folic acid support heart health by reducing cholesterol and prevent atherosclerosis (plaque buildup) in your arteries which is a common complication of diabetes. It's also rich in blood sugar-stabilizing magnesium. Paired with a fiber-rich fresh salsa, this is one delicious diabetes-destroying dinner.

Servings: 4

Ingredients:

- 1 ½ pounds ripe tomatoes, seeded and chopped
- ½ small red onion, diced fine
- 1/3 cup fresh chopped basil

- 1 clove minced garlic
- 1 ½ tablespoons fresh lime juice
- ¼ teaspoon ground cumin
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 tablespoon fresh chopped rosemary
- Salt and pepper to taste
- 4 (6-ounce) boneless halibut fillets

Instructions:

1. Combine the tomatoes, red onion, basil, garlic, lime juice, and cumin in a bowl then cover and chill while you prepare the halibut.
2. Whisk together the lemon juice, olive oil, rosemary, salt and pepper.
3. Pour the mixture over the halibut in a shallow dish then turn to coat.
4. Cover and chill for 30 minutes while you preheat the grill to medium heat.
5. Drain and discard the marinade and place the fillets on the grill.
6. Cook for 4 to 5 minutes on each side until the flesh flakes easily with a fork.
7. Serve the halibut fillets topped with the tomato basil salsa.

NEVER Eat This Vegetable (It's the Worst Food for Piling on Fat)

You sit down for dinner, tuck into your so-called 'healthy' meal...

... But then you eat [THIS VEGETABLE](#).

Could this innocent little veggie *really* be the source of your weight gain?

That's what a **breakthrough study** in the New England Journal of Medicine says.

In fact, every serving of [this vegetable](#) was shown to add on almost 1.3 lbs in weight, while an extra serving led to a gain of almost 1.7 lbs.

Southwestern Veggie Bake



This Southwestern veggie bake is a vegetarian-friendly dinner option that is also great for diabetics. Plant foods like beans contain anti-inflammatory proteins and plenty of fiber which helps to regulate blood sugar. This recipe is also packed with nutrient-rich veggies and baked in a savory sauce that will fill you up, guaranteed.

Servings: 6 to 8

Ingredients:

- ¾ cups uncooked brown rice
- 1 ½ cups water
- Olive oil, as needed
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can whole kernel corn, drained
- 1 (10-ounce) can diced tomatoes with green chiles

- 1 cup shredded reduced-fat cheddar-jack cheese
- 1 cup prepared salsa
- 1 cup fat-free sour cream
- Salt and pepper
- ½ cup sliced green onions
- ½ cup sliced black olives
- 1 cup shredded reduced-fat Mexican cheese

Instructions:

1. Combine the brown rice and water in a small saucepan.
2. Bring to a boil then reduce heat and simmer, covered, until the rice is tender – about 35 to 40 minutes.
3. Preheat the oven to 350°F and grease a shallow baking dish with olive oil.
4. Combine the black beans, corn, tomatoes, cheddar-jack cheese, and cooked rice in a large mixing bowl.
5. Stir in the salsa, sour cream, salt and pepper.
6. Spread the mixture in the baking dish and sprinkle with green onions and olives.
7. Bake for 30 minutes then sprinkle on the Mexican cheese and bake another 5 to 10 minutes until the cheese is melted.
8. Remove the casserole from the oven and let rest 10 minutes before serving.

Hawaiian Dr discovers groundbreaking diabetes breakthrough

They are calling it the **biggest diabetes breakthrough** in recent times...

This weird "60-second a day" trick is reversing type II diabetes for thousands worldwide. Trial users of [this trick](#) report a 100% success track record.

And the doctor responsible is **finally** releasing it to the public...

All is explained to you by the doctor himself in [this shocking free presentation](#) that the diabetes pharmaceutical companies are desperate to keep you from seeing.