



2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes

Erin Palinski-Wade MD

[Download now](#)

[Click here](#) if your download doesn't start automatically

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes

Erin Palinski-Wade MD

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes Erin Palinski-Wade MD Diet just 2 days a week to drop the pounds and dodge type 2 diabetes!

In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22% vs 4 %). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, *Reader's Digest* has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake—and other carbs—and still keep their blood sugar under control.

A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. *The 2-Day Diabetes Diet* makes it simple—there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week—and research suggests you will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink.

On those 2 days a week, you follow the low-carb “Power Burn” program, and consume approximately 600 calories of selected foods. What does that look like on your plate? How about a 2-egg omelet with onions and peppers plus yogurt for breakfast; a hearty bowl of carrot soup plus fresh fruit for lunch; meatloaf and broccoli for dinner with milk; and a cup of sweet grapes for a snack? Or Canadian bacon and spinach for breakfast with a cup of milk; vegetable soup and half a banana topped with peanut butter for lunch; grilled chicken and zucchini over pasta for dinner; and an orange with a cup of milk for a snack. With real delicious food filling your tummy, you won't believe it all adds up to only about 600 calories.

For the rest of the week, you follow a delicious 1500-calorie-a-day Mediterranean-style eating plan—we call these “Nourishment” days. You can enjoy a bounty of brightly colored fruits and vegetables, lean proteins, whole grains, and even a few treats.

The book will include:

- A 2-week day-by-day meal plan that lays out sample Power Burn and Nourishment days
- More than 60 meal options, including restaurant and frozen food options, so you can customize the menus to your taste and lifestyle
- More than 50 delicious diabetes-friendly recipes
- An optional easy walking and strength-training program to boost results even more
- Stress-reducing exercises to help you ward off cravings and reduce hunger
- Success stories from the 10 men and women who tried the plan with amazing results!

The plan is designed to be flexible—you can do your Power Burn days whenever works for you, and you can personalize almost any meal to suit your tastes—and will work for both people with type 2 diabetes and those at risk.

 [Download 2-Day Diabetes Diet: Diet Just 2 Days a Week and D ...pdf](#)

 [Read Online 2-Day Diabetes Diet: Diet Just 2 Days a Week and ...pdf](#)

Download and Read Free Online 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes Erin Palinski-Wade MD

From reader reviews:

Margaret Stanley:

Have you spare time for any day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a move, shopping, or went to typically the Mall. How about open as well as read a book called 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes? Maybe it is for being best activity for you. You know beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

Joseph Lunsford:

Now a day people who Living in the era just where everything reachable by match the internet and the resources included can be true or not call for people to be aware of each facts they get. How people have to be smart in getting any information nowadays? Of course the reply is reading a book. Studying a book can help people out of this uncertainty Information especially this 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes book since this book offers you rich info and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it as you know.

Perry Payne:

The book untitled 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes contain a lot of information on this. The writer explains the woman idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author gives you in the new period of time of literary works. It is easy to read this book because you can read more your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice examine.

Ann Macdonald:

On this era which is the greater person or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple solution to have that. What you need to do is just spending your time very little but quite enough to experience a look at some books. One of many books in the top record in your reading list is definitely 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes. This book that is certainly qualified as The Hungry Mountains can get you closer in becoming precious person. By looking up and review this guide you can get many advantages.

**Download and Read Online 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes Erin Palinski-Wade MD
#FK3W5V742OQ**

Read 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD for online ebook

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD books to read online.

Online 2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD ebook PDF download

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD Doc

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD Mobipocket

2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes by Erin Palinski-Wade MD EPub