# **DIABETIC LOW CARB DIET RECIPES**



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Low Carb Recipe Ideas for Diabetics. Atkins' +1,600 recipes make it easy to eat low carb throughout the day. Here are some easy recipes for the low carb diabetic diet plan: Atkins' blackened salmon with cucumber relish and cauliflower recipe is high in healthy monosaturated fat and starchy vegetables.

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In this carb-conscious recipe, creamy low-fat yogurt cools the spicy heat of the curry- and cumin-rubbed turkey. Simply French Green Beans Thin green beans cook quickly, so rinsing them with cold water (or putting them into an ice water bath) is important if you want to keep them crisp.

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