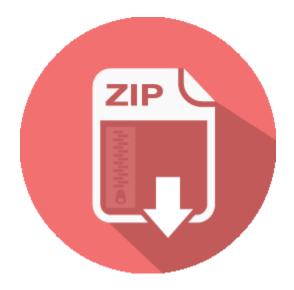
DIABETIC MEAT RECIPES



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All recipes and menus are provided with the implied understanding that directions for exchange sizes will be strictly adhered to, and that blood glucose levels can be affected by not following individualized dietary guidelines as directed by your physician and/or healthcare team.

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Meat Recipes. This collection of diabetic-friendly meat recipes includes beef, lamb, pork and more. From steaks and chops to ribs, you ll find roasts, barbecue, burgers and hundreds of recipes for meat lovers. Recipes include nutritional information and diabetic exchanges to make meal planning for diabetes easier.

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Find healthy, delicious diabetic meat recipes, from the food and nutrition experts at EatingWell.

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Diabetic-friendly beef recipes for appetizers, soups, main dishes, wraps and more. You ll find healthier burger recipes, kebab recipes, Italian beef stuffed shells, beef roasts, beef barley soup, beef tenderloin marsala and so much more. Beef can be part of a healthy diabetic diet and one serving provides about half of your recommended daily protein needs.

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