



# **NutriBullet Ultra Low Carb Recipe Book: 203 Ultra Low Carb Diabetic Friendly NutriBlast and Smoothie Recipes**

*Marco Black, Oliver Lahoud*

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Diabetics cannot store all of the sugar that they eat or make in their sugar warehouse (as muscular or hepatic glycogen). This can either be because their warehouse is full up (they have run out of glycogen storage capacity) or because their fork lift truck driver keeps taking tea breaks (insulin resistance). Either way if you cannot store the stuff then the best thing to do is to stop eating it! Hence we have designed 203 very very very low carb Nutribullet Blasts and Smoothies each of which has 11 or less grams of carbs as follows... 3 Special Smoothies (only 5 carb grams) 20 Superfood Ultra Low Carb Blasts 20 Superfood Ultra Low Carb Smoothies 10 Sleep & Mood Enhancing Ultra Low Carb Blasts 10 Heart Care Ultra Low Carb Blasts 10 Detoxing & Cleansing Ultra Low Carb Blasts 10 Clear Thinking brain food Ultra Low Carb Blasts 10 Radiant Skin Nourishing Ultra Low Carb Blasts 20 Double Fruit Ultra Low Carb Blasts 20 Double Fruit Ultra Low Carb Smoothies 35 Fruit & Veggie Ultra Low Carb Blasts 35 Fruit & Veggie Ultra Low Carb Smoothies The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of Agriculture database. All recipes are given in grams, cups and ounces.

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