

How I enjoy cookies and cake carefree as a Type 1 Diabetic

Cakes! Cookies! Even pizza that doesn't taste like cardboard or meals only your grandma eats.. I don't spike my blood sugar constantly and my meals are so tasty that my kids and husband always eat my "boring diabetic" food before I do.

Hi I'm Erin and since being diagnosed as a Type 1 Diabetic 30 years ago I have mastered meals and snacks recipes that not only keep my blood sugar balanced, but are yummy and can be made in less than half an hour.

You could literally watch a Netflix series and make these meals that last you all week (if you don't have kids like I do)

I have made a do-it-with you programme called **CARBS 101** that shows you step-by-step how to enjoy your favorite foods without having to make a trip to the hospital. This programme is what I use in my daily life and I coach other Type 1 diabetics to use to enjoy their favorite foods without crazy sacrifices.

This is not a programme where you will learn difficult information and never use it again. We will work together on a live call where we will make a personalized nutrition plan adding more of your favorite carb heavy foods.

This is not a counting calorie programme in fact we use simple tools what I call 2 minute tools that does all the annoying food math in less than 2 minutes.

Let me show you what you get in my programme:

- Custom meal plan that adds more carbs in your diet that keeps you satisfied and maintains a healthy sugar level
- 30 minute breakdown session that helps you to discover what carbs works well you (taking your doctors advice in consideration)
- A sample meal plan that has been used by me for 30 + years that takes 22 minutes to make

And this 2 hour proven programme is for **115USD**

But wait, that's not all you get.

As a bonus you get:

- My personal list of foods that I have been eating for over 30 years that control blood glucose level
- My list of "cheat meals" that can be customized into your nutrition plan
- My no-brainer tips for reducing cravings and not going off on a binge

If you're ready to live your life to the fullest, enjoy the good food we are blessed with and live a healthy life as possible as someone with Type 1 Diabetes then click the link below and let's get started [I'M READY](#)

See you there,
Erin

