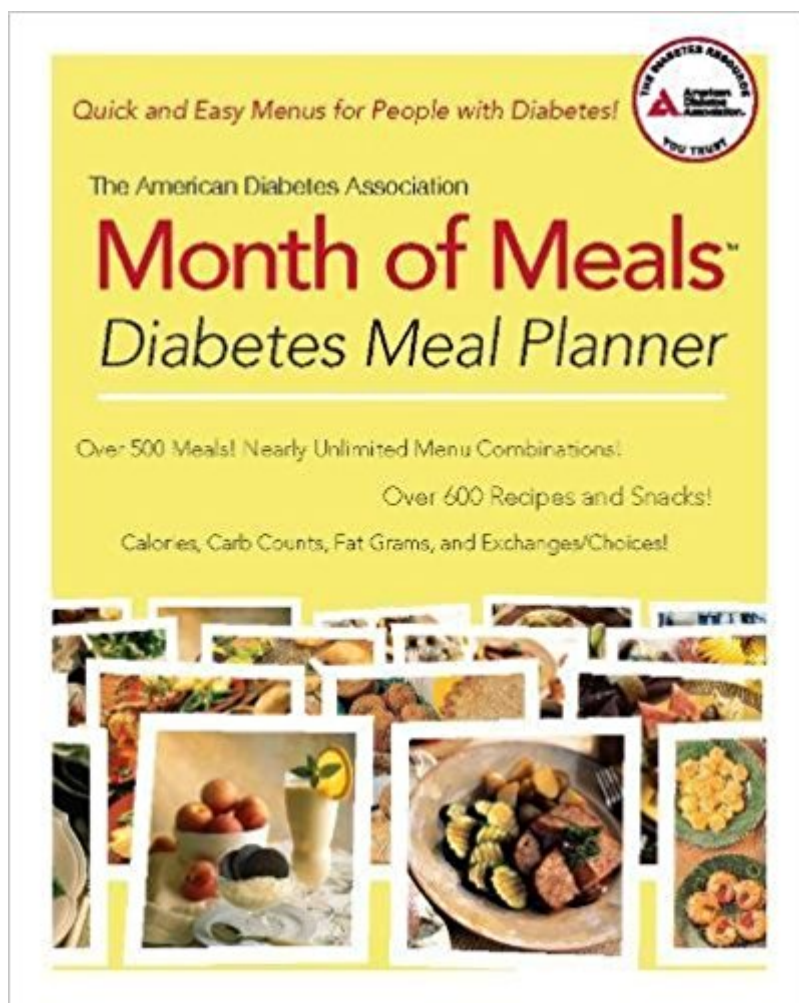


The book was found

The American Diabetes Association Month Of Meals Diabetes Meal Planner



Synopsis

The bestselling Month of Meals series is all here—newly updated and collected into one complete, authoritative volume! With this proven meal-planning system, you'll have thousands of daily menu combinations, with more than 330 diabetes-friendly recipes, and thousands of snack combinations. Stop worrying—and start enjoying your food!

Book Information

Paperback: 304 pages

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Average Customer Review: 4.1 out of 5 stars 130 customer reviews

Best Sellers Rank: #62,365 in Books (See Top 100 in Books) #3 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #49 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #71 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Author ProfileThe American Diabetes Associationis the nation's leading voluntary health organization supporting diabetes research, information, and advocacy and the leading publisher of comprehensive diabetes information.

This is a wonderful book which helps me plan my meals and snacks. As I started my diabetic, constant carbohydrate diet I was thoroughly absent of ideas on planning diabetic meals over a long period of time, but this book was just what I needed.

Yeah, simply all I can say it's OK...As usual it is hard to follow all these diet books on a daily basis no matter what they offer you (weight loss, diabetes control, etc.).But still, they are all good enough to grab some food ideas for adding to your ordinary daily diet!Dealing with Diabetes is a lifelong process and between many other sources you will be referring for information, there's no harm adding this book to your library.

Trying to find recipes my husband will agree to it since he was diagnosed as pre-diabetic. This book has a great variety & are simple to follow.

I got this for my SO who has been diagnosed with type 2 diabetes. This isn't a recipe book per se, more of an informative book on WHY, which he needs more than anything.

I have looked for a while trying to find meal plans that I would actually eat. Most are full of stuff that I do not eat, but this book really uses every day items and even adds in on the go meals (fast food). Not many but there are a few in there. Over all I truly believe this book has helped me stay within range on my blood sugar. Meals are easy, delicious and fast. I like the fact that it has recipes for some of the meals it plans. My favorite part of the book is the snack section. For me, it is great to just open the book and pick a snack and know that the nutrition is properly listed. This book takes all the guess work out of planning meals. If you are a diabetic, pre-diabetic, or someone who just wants to eat better, this book is a must!

Pretty disappointing book given that it is from the ADA. Meals based on 1200 calories days. As a newly diagnosed diabetic I am restricted to 45 carbs. Too many of the meals have way more than that. Good information on how to adjust for higher calorie plans but if a 1200 calorie plan is already at 50 plus carbs per meal, the book is useless. Very disappointing.

I was looking for a cookbook that had "normal" ingredients and that my "meat and potatoes" husband and kids would enjoy eating what was prepared. I love this book!!! It provides the shopping list of "normal" ingredients and step by step instructions on how to prepare. I love the fact that is also has ideas and recipes for breakfast, lunch, dinner and even snacks!

I liked this book because it has the meals all planned out for you to follow. I have a hard time putting a balanced meal together. A lot of cook books have recipes and dishes planned, but they are not put together in a regular meal. I would recommend this book to any one with diabetes that needs to control their carbs.

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