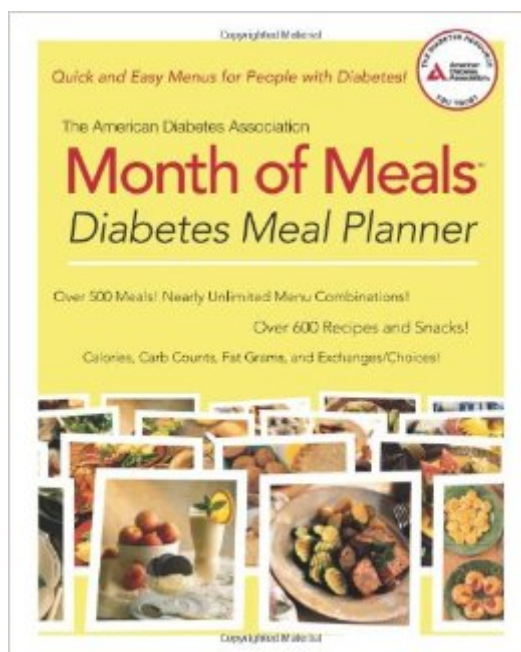


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# The American Diabetes Association Month Of Meals Diabetes Meal Planner



## Synopsis

The bestselling Month of Meals series is all here&#151;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&#151;and start enjoying your food!

## Book Information

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Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (107 customer reviews)

Best Sellers Rank: #52,882 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #67 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #81 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

After just being diagnosed with Type 2 diabetes I went on and purchased a whole library full of books to educate myself. This one happens to be one of my favorites and a must have. It includes all of the nutrition information and creates a whole meal plan for a diabetic! Breakfast, lunch and dinners are included and it has recipes as well! I even brought this to my diabetes class and everyone was impressed how well laid out this book is. If you are looking for something that really breaks things down for you, this is definitely the book for you!

Planning out a full meal with Diabetes can be a serious pain. After coming up with a main dish, the side you may want to eat can mess up your whole healthy eating plan. If you are newly diagnosed, meal planning can be really difficult. This book gives out actual meals. Breakfasts, Lunches, dinners and snacks. The carb counts for the meals are given. Not every meal will work for every diabetic as some meals have 70 g total carbs in them. There are still plenty of meals that will work for people requiring fewer carbs.this book is a compendium of all of the recipes and meals from the "Month of

Meals" series. The original books had a theme and flip pages that could be lined up for the day. Rather than busting out close to \$100 for all of those, you can get all of the meals and recipes for the series in this one book. American and Continental Classics, Ethnic Delights, Southern style Soul food - all in one book. The paperback format isn't as nice as the flip books, but the price and sheer amount of information make up for that. This book can be a single go to source for diabetics. There are suggested outdoor and holiday meals you can cook yourself to impress guests, along with suggested convenience meals such as canned soup and salad. A few meals even suggest what to order at popular fast-food chains. Being an American Diabetes Association book the nutritional information given is very good. The recipes I have tried have all been enjoyed by myself and my family. This book has saved me so much stress and planning time, I can't see getting by without it. Strongly recommended for those newly diagnosed, especially if they have to cook for families.

I was very hopeful that this cookbook would help me add variety to my meal preparation. I was disappointed because all recipes were over my allowed 45 carbs ... that meant that I'd have to adjust every single recipe. I gave my book to a man I work with that was recently diagnosed with Diabetes. He does not have the 45 carb limit (most men are allowed 60) so he and his wife use it a lot.

This book is ok if you don't know how to cook, don't like to cook, or have no idea how to plan a menu. It consists of 167 breakfasts, 167 lunches, 167 dinners, and snacks of various calories. An example of a breakfast menu is: 1 cup All Bran, 1 small banana, 6 almonds, and 1 cup of skim milk. Then there are multiple other breakfasts with the same thing except for different cereal, such as corn flakes, or shredded wheat. The lunches seem to have the same problem with multiple menus consisting of a Stouffer's Lean Cuisine frozen meal, salad & low fat dressing. If you can't figure out that a frozen meal and some salad make up a decent lunch then this book is for you. I find the meal ideas very boring, consisting of a hodge-podge of food to make up your starches/carbs, protein, fat, dairy and fruit. I mean who really wants 6 saltine crackers, some cottage cheese, tomatoe slices, a granola bar and some grapes for lunch? Not me! This menu planner lacks creativity! I will be sending it back to for a refund. If you hate cooking or need a recipe with step by step instructions on how to make a submarine sandwich, then this book might work for you. It's not for anyone who enjoys cooking and preparing a meal.

The meals are separated into breakfasts, lunches, dinners, and snacks. I can mix and match as

each meal is consistent in nutrients. This is not an exotic, culinary masterpiece, but down-to-earth everyday meal planning and cooking for those of us who do not have access to gourmet grocery stores or even large metropolitan grocery stores for ingredients. Each time I use one of the meals/recipes I also figure the Weight Watcher points. I highly recommend this book for those who are "ordinary" meal planners and cooks and have someone in the family who is prediabetic or diabetic.

After my mom recently being diagnosed diabetic I searched the book stores and public library for an easy to read, information and not too overwhelming book that offers tons of examples for those new to counting carbs and adjusting to a new lifestyle without feeling like it's life sentence of boring food and fear of what to eat and not to eat. I also suggest Gretchen Beckers Book The first year, type two diabetes, great and packed with lots of info.... needless to say after doing the research I purchased this book from Amazon and it has been a great help.

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 it also has ideas and recipes for breakfast, lunch, dinner and even snacks!

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