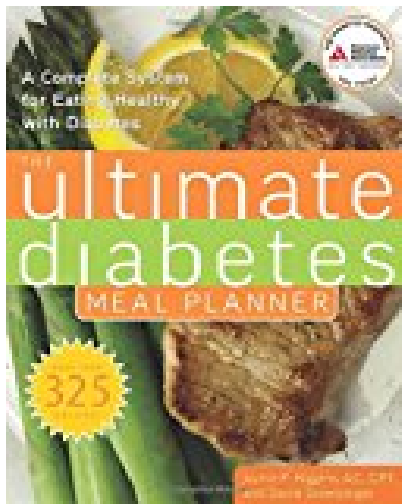


The Ultimate Diabetes Meal Planner A Complete System for Eating Healthy with Diabetes



BOOK DETAILS

- Author : Jaynie F. Higgins
- Pages : 496 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580402992



BOOK SYNOPSIS

Takes the guesswork out of what to eat for breakfast, lunch, and dinner. Knowing what to eat with diabetes can be frustrating, but it's the most important way to manage the disease. It's also the area where people give up the fastest, but with Ultimate Diabetes Meal Planner you will never have to ask "What's for dinner?" again. The Ultimate Diabetes Meal Planner includes weekly plans for breakfast, lunch, dinner, and snacks, along with detailed recipes that make using the 16-week meal plan easy. The overall calorie count—based on 1500, 1800, 2000, 2200, or 2500 daily calories—lets you choose the right diet, whether you're looking for weight loss or just healthy living.

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