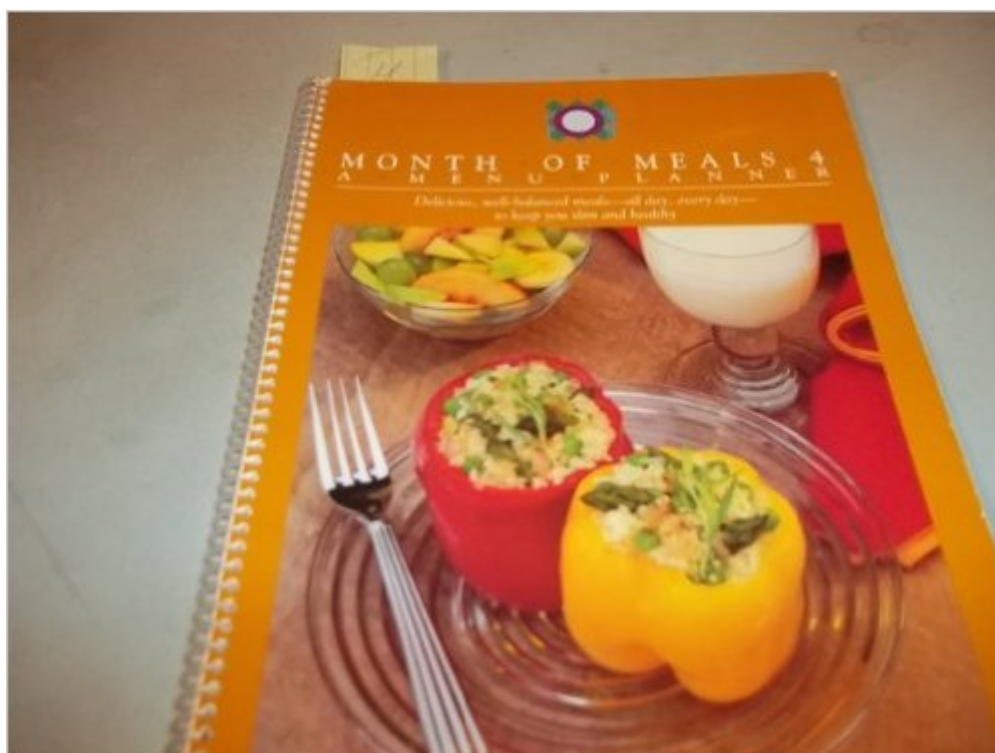


The book was found

Month Of Meals 4: A Menu Planner



Synopsis

Book by

Book Information

Spiral-bound: 71 pages

Publisher: Amer Diabetes Assn (May 1993)

Language: English

ISBN-10: 0945448287

ISBN-13: 978-0945448280

Product Dimensions: 0.2 x 7.8 x 10 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.7 out of 5 stars Â Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,296,955 in Books (See Top 100 in Books) #104 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #999 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #6831 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I went online and ordered all they had in these series by the American Diabetes Association . They give you a lot of good recipes that are easy and portioned controlled. Because you can pick from say 30 breakfasts, 30 lunches, and 20 dinners, the combos are endless. Very good!

This is not the kind of planner from which you take out the page, and move to another place to set 3 menus for the day. The first few pages explain how to use this book and information on 6 groups of foods, fiber, etc. The menu pages are cut in 3 sections, breakfast, lunch and dinner, and you can turn the section independently of each other to choose one recipe for each of them for the day. At the end you have a few pages of recipes for the whole day. On the back of the book there are a few pages with the suggestions for healthy eating. Everything is explained clearly with the focus on the calories and less fat. Recipes are for 2 people. I havenâ™t yet made any of the dishes from this book but there are quite a few that picked up my interest and i want to try them.

Great menus, nice format

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