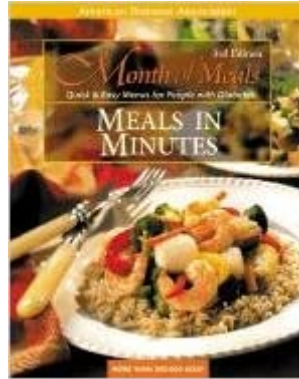




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Month Of Meals: Meals In Minutes



Synopsis

Millions of ways to mix and match! Here's how it works: Each menu planner has 28 days worth of new menu choices; pages are split into thirds and are interchangeable. There are 20,000 menu combinations in each book. No matter which combination the reader chooses, carb counts and nutrients are correct for the entire day— automatically. Readers can mix and match among all of the menu planners if they want; millions of combinations are possible! Updated third editions of the Month of Meals series feature: Complete nutrient analysis and carbohydrate count for every meal Every meal includes the same number of carbs, no matter which choice is picked— 45— 60 grams for every breakfast, 60— 75 grams for every lunch, and 70— 85 grams for every dinner— this helps keep blood sugar levels stable Covered spiral binding increases bookshelf visibility

Book Information

Series: Month of Meals Menu Planning

Spiral-bound: 87 pages

Publisher: American Diabetes Association; 1 edition (April 24, 2002)

Language: English

ISBN-10: 1580400787

ISBN-13: 978-1580400787

Product Dimensions: 7.7 x 0.5 x 9.9 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #413,892 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #388 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

Using this book is a no-brainer - which is what I REALLY needed. My husband was just diagnosed with Type II diabetes, and his nutritional needs are critical. We are stationed in Germany and are in the process of moving. I was disheartened when I found that the military dietician is unavailable right now. Other books were confusing - trying to figure out 30% fat calories, etc. This book saved my

sanity! The spiral binding and split page design are FANTASTIC and the food is GREAT. Directions are concise and it's easy to prepare a menu and shopping list from the book. Best of all, we're getting nutritious, consistent, easy meals and snacks and half the work is done for us. Some of the books in the series even include smart choices when eating out at fast food restaurants - another bonus. When our doctor and nurses saw these books, they were AMAZED. My recommendation: get all five!

Even though the book was in plastic, it looked as if it had been around for a while--aging pages, corners dented. On a different note, cookbook itself was not exactly what I expected. Was looking for some good low carb recipes, and most of the recipes were not as low carb as I need.

use the book all the time great book to use for anyone, very easy to use

works fine.

Haven't used it yet, but plan to shortly. I have so many cookbooks that I had set it aside for the family recipes. However, now I NEED to use it because of borderline Diabetes.

Basic cookbook; nothing really unusual or unexpected.

The book itself was as described. packaging is odd and actually damages the soft cover of this book. Responds to e mails .I prefer smaller volume dealers though as questions can be answered in greater detail.

Very good recipes

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