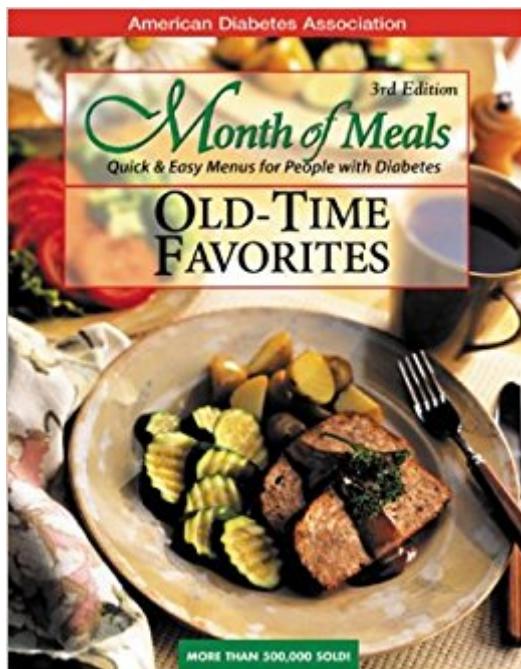


The book was found

# Month Of Meals: Old-Time Favorites



## **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: 92 pages

Publisher: American Diabetes Association; 1 edition (November 19, 2002)

Language: English

ISBN-10: 1580400795

ISBN-13: 978-1580400794

Product Dimensions: 8 x 0.6 x 10.2 inches

Shipping Weight: 14.1 ounces

Average Customer Review: 3.8 out of 5 stars 16 customer reviews

Best Sellers Rank: #1,395,616 in Books (See Top 100 in Books) #108 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #1090 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

while I no longer am required to take oral medications for control of my blood glucose, I have found that the insights brought forth in all of the ADA's month of meals cookbooks to be very educational. the substitutes and mixes of foods helps control not only your daily numbers, but offers very reasonable and palatable foods that helps the diabetic control their food issues. The book offered

good eating selections for me. Nothing like an A1c at 5.5 or below.

This is an awesome book of old time foods, made diabetes friendly with easy recipes. I brought it for a friend and he is really enjoying the different ideas.

Everything that we have tried out of it was very tasty . I really like the pages cut into thirds so we can mix match the meals without worrying about anything . It's an A plus at our house.

This book is great. I am so tired of trying to figure out what I am going to fix for dinner after I get home from work. This book gave me tips on how to prepare food so that I could freeze some of our favorite recipes. The recipes in this book are fun and easy.

i see were i could really use this book and the meals are good will definitely cook up a storm with it. I will recommend it.

Haven't put it to use 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.

This publication is very old and recommends counting calories instead of carbohydrates.I would not recommend this to anyone.It was a waste of money.

I found some really good recipes in here.

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