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Diabetes Meals for Good Health: Includes Complete Meal Plans and 100 Recipes

By Karen Graham

Robert Rose. Paperback. Condition: New. 320 pages. Dimensions: 10.8in. x 8.5in. x 0.7in. Easy-to-manage meal planning for the millions of Americans managing diabetes. Carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management. The recipes in the first edition made meal planning easy and straightforward so its no wonder that the first edition has nearly 100, 000 copies in print. All the great features of the first edition are still here: delicious recipes and balanced meal options for all the meals of the day, suggestions for healthy snack and life-size photographs for every meal provide an easy way to identify appropriate portion sizes. There are 70 complete meals, 100 recipes and over 100 snacks to choose from and each section is color coded for ease of use. The new edition will feature many new photographs plus an all-new 32 page section which will provide -- through photographs and nutritional analysis -- an excellent, easy-to-follow guide for making the right food or beverage choice. These meal plans are so sumptuous, they can be enjoyed not only by those managing diabetes but by anyone who loves great food: Dinner 22: Sun Burger, Kale and Orange Salad, Dream Delight...



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