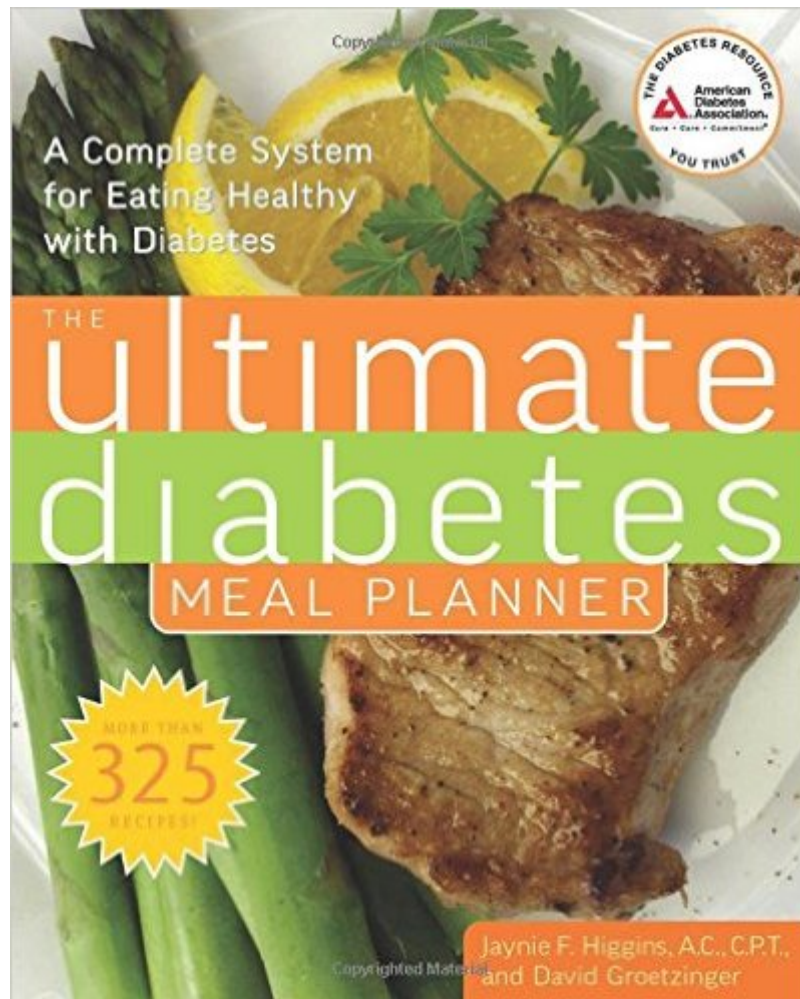


The book was found

The Ultimate Diabetes Meal Planner: A Complete System For Eating Healthy With Diabetes



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. 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.

Book Information

Diary: 496 pages

Publisher: American Diabetes Association; 1 edition (January 13, 2009)

Language: English

ISBN-10: 1580402992

ISBN-13: 978-1580402996

Product Dimensions: 1 x 10 x 8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (91 customer reviews)

Best Sellers Rank: #43,662 in Books (See Top 100 in Books) [#4 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) [#57 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) [#66 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

This is a cookbook I was really looking forward to because it is written by a diabetic, not just an educator who has studied about diabetes. The author freely shares that she is type 1 and how she has to work hard to manage it. In the many cookbooks I have read, it is very rare to have one actually written by a diabetic. And her insights into what it means to try and meal plan as a diabetic are priceless. To me that is one of the greatest strengths of this book. Unfortunately the actual book didn't measure up, or give her the chance I feel she needed to shine. THE PROS: Larger font and layout makes it easier to read the recipes - this should be a standard for all diabetic books. Many meal plans and calorie levels to choose from. THE CONS: No pictures at all - I realize that it adds to the cost to put in color pictures but that's an expense I would be willing to pay. Without any pictures

it is a very text heavy book. Recipes have VERY Misleading Names-For example, take the recipe on page 288 titled, "All Natural High Fiber Peach Squares" But, it is made using Splenda which is artificial and anything but "natural". The fiber is only 2 grams which is not high fiber at all. A high fiber rating needs be 5 grams or more which, as diabetics know, anything over 5 grams can be subtracted from the total carbohydrate count - thus lowering the amount of impact the carbs will have on the blood sugar. Not enough of the author in the book-Ms. Higgins does share some from her personal experience in a few pages at the front of the book, but I feel she should have had many more pages of advice and insight scattered throughout the book.

[Download to continue reading...](#)

Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)

Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) The Ultimate Diabetes Meal Planner: A Complete System for Eating Healthy with Diabetes Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes, type 2 diabetes, diabetes symptoms, type ... diet, glucose, type 2 diabetes symptoms)

Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating

Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)
Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood
Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes
Meal Plan) Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2
Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook) Diabetes: Diabetes Black Book:
Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure,
Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse
Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing
Diabetes) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More
Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking,
Budget Cooking) Meal Prep : The Ultimate Meal Prep Cookbook - For Weight Loss, Clean Eating &
Healthy Meals American Diabetes Association Complete Guide to Diabetes: The Ultimate Home
Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes)

[Dmca](#)