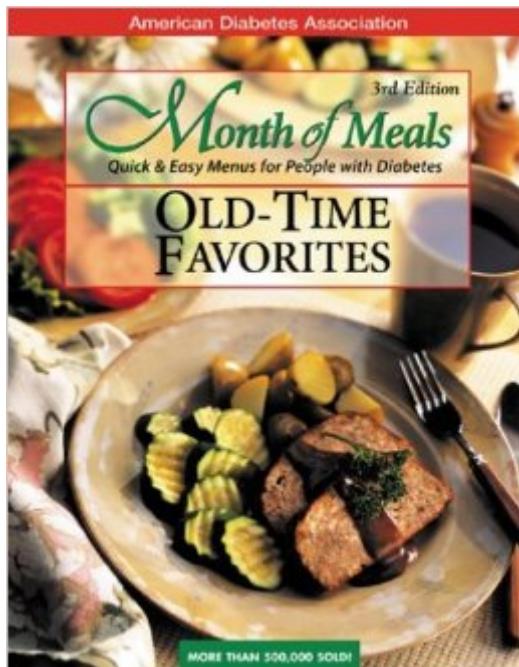


The book was found

# 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: 4.2 out of 5 stars— See all reviews (16 customer reviews)

Best Sellers Rank: #1,122,134 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #882 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

Buying Month of Meals and its companion, the Betty Crocker Diabetes Cookbook, was a great way for my husband and me to learn more about diabetes. I liked the way the book was segmented so you can mix and match meal plans for breakfast, dinner, and supper by flipping the top, middle or bottom of a page. With 30 days of ideas, there is enough variety to keep a diet interesting.

Sometimes we don't like a specific recipe, but we like the ingredients and use them in a way that still meets the book's intent. Excellent guide.

If I had not bought the prior Month of Meals it would have been a good cook book. I had purchased the other two and in this one there were duplicate recipes and only a few new ones. My recommendation would be; Purchase this one if you have not purchase one and two Month of Meals.

I like the cut-a-ways so we can plan the whole day on one page. That has been the biggest help for me.

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.

I've had this cookbook for ages and love it! It's one of my favorites. The copy I recently ordered was for a friend. It's an American Diabetes Assn cookbook but the recipes are healthy for everyone. Each recipe is an entire meal, not just an entree, so it's a no-brainer way to prepare a healthy meal for the diabetic. I even receive compliments re the recipes from company. I highly recommend Month of Meals Old-Time Favorites.

This book has been absolutely wonderful - bought it and one other of the series and will eventually have them all. Takes all the guesswork out of meal planning for the day, and the recipes are terrific! Took this one in and showed it off at my Diabetes Education class and it was such a huge hit that I'm sure you'll have several orders soon!

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.

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.

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