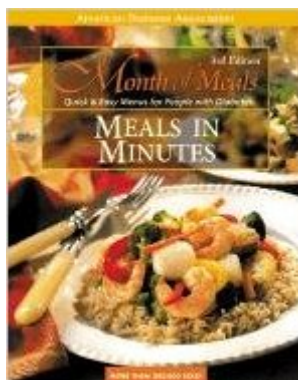


The book was found

# 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: 3.8 out of 5 stars - See all reviews (18 customer reviews)

Best Sellers Rank: #420,008 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #409 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I really like this book. It has been extremely helpful in aiding me in preparing the correct meal plan to help me maintain control of my glucose levels by giving quick and balanced meals at a glance. The design of the book is great, it allows you to see the breakfast, lunch and dinner meals at a glance and because each meal page is separate (each page of meals is cut into three to separate each meal) you can choose a different meal than what is indicated for that day. Since the book will probably be used repeatedly the paper used is great. The gloss over the paper will help to keep the pages clean longer and not absorb the oils from your hands. This book also gives you great

information on reading food labels, eating out, and the right fast foods to eat. There is so much good information in this book not only for diabetics but people who just want to eat right.

This is a good book, but it wasn't exactly what I was looking for. A lot of the recipes were more complicated than I was wanting. It also listed a lot of fast food options which are not "recipes". I was hoping for a lot of quick/easy/healthy recipes. It did offer some good tips for eating healthfully and some neat quick snack ideas. Still, my favorite healthy/diabetic cook book is "Diabet Meals In 30 Minutes -Or Less" by Robyn Webb.

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!

This book doesn't have many recipes in it. It has some. Mostly it has suggestions such as for dinner you are to get a thin and crispy pizza from Pizza hut and have a salad with it. Or for Breakfast 1 package of instant oatmeal, wheat germ, 1 mini pack of raisins, and 1 cut fat free milk. For lunch one such suggestion is 1 Stouffer's lean cuisine cheese cannelloni 1/2 cup steamed broccoli, with margarine and 2 bread sticks and 2 cups mixed berries. Those aren't recipes!! The recipes are ok but because my husband is a picky eater we can only try about 5 of them. There are only about 28 recipes included. I'm not totally sorry I bought the book because my husband is newly diagnosed and it does have some good information in the book for newly diagnosed people. I will NEVER buy any of the others.

I did not really care for this book, because of the recipes. A lot of them I do not like the taste and I don't eat that much fast food type food. I have to watch my carbs, and it is too time consuming and complicated to set down and figure the book out.

I found this book total worthless. The recipes are inane and the only nutritional breakdown is on carbs for the total meal, with no ability to break down the parts. As anyone who monitors their blood sugar knows, it is not just "carbs" that are important, but the type (source) of carbs plus the balance of them with proteins and fats. Skip this book even if you don't need to watch your carbs!

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

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.

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