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Easy Diabetes Diet Menus & Grocery Shopping Guide-Menu Me!



Synopsis

MENU-ME! Diabetes Diet Menus puts you in control starting today with easy menus the whole family will enjoy. Sample menus and easy-to-follow meal plans designed by our nutritionist are full of the healthy foods you need to maintain good glucose control. Book Highlights Include: -MENU-ME! Diabetes Diet Menus shows you exactly what to eat for 1200, 1500, 1800, 2000 and 2200 calorie level diets. Carbohydrate amounts for each meal are included. Your healthcare provider will advise you about your proper calorie level- use the menus to supplement their dietary recommendations. -Menus include easy to prepare meals using "everyday" foods eliminating the need for special recipes or ingredients and each calorie level has over a week of menu ideas. -Includes a template to help you learn to create your own menus and stay on track. Experts agree that checking your glucose levels often and keeping a food diary will help you learn your best carb choices and allow you to individualize your diet. -Diabetes educator approved! - Also includes a list of 40 low carb snack ideas to help you make good choices between meals. - BONUS BOOK- Includes the bonus book "Easyhealth Diabetes Grocery Shopping Guide" -Like getting 2 books for the price of one!

Book Information

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Customer Reviews

My husband and I were looking for a quick reference guide or list to help make better purchases at the grocery store. Most of the books i have seen were either too detailed with other info, or didn't give specific foods at all. I purchased this book today, but i can already tell this is what i was looking for. Thank you for taking the bulk out and providing quick and easy information. The caloric menus are also very helpful, because i think my husband thinks he is going to starve. Won't he be surprised when he finds out he will be eating more and more healthy. Can't wait to try some of the menus.

I DIDNT WANT TO HEAR WHAT WAS GOOD FOR ME, BOUT THIS BOOK TOLD ME ANYWAY
IT WAS AN EASY TO READ BOOK AND GETS RIGHT TO THE POINT GIVES EASY TO
FOLLOW FOOD CHOICES

Good

Great book for diabetics!

I use this book along with others to lose weight and control my blood sugar so I won't be diabetic, exercise and diet, the key to control, why read something big when you can get the jest from something small and easy to read.

It is all that it is advertised as and the reading is clear and understandable. The recipes are easy and the information is informative.

i'm very new to diabetes. this little book of info is short and concise. very simple for starting your first few weeks of diabetic eating. it's about learning carb amounts and portions. it's just what i needed to understand the very basics. have lost 12 pounds and feel much better.

Not what I was looking for as I attempt to manage my diabetes through exercise and diet. I needed a better book.

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Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist

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Diabetes, Insulin) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days:
7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic
Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say
Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing
Diabetes, Diabetic Health)

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