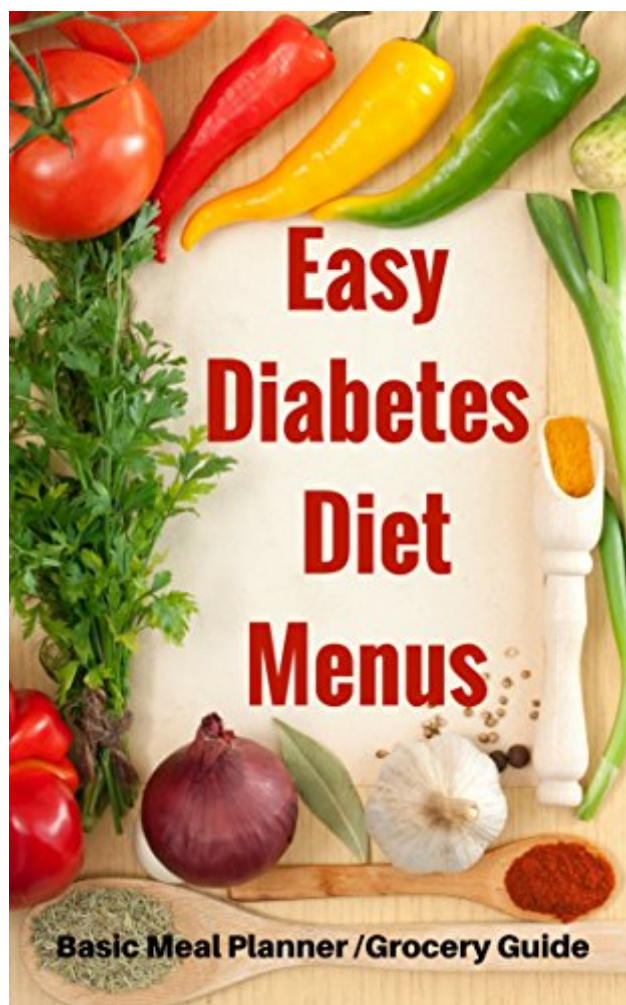


The book was found

# 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

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.

There are books with more info about diabetes, and there are books with diabetes recipes. This one, however, meets my needs for streamlining the food information I originally heard in Diabetes Classes. It gives me a basic meal structure at 2 levels (with a third that applies to men) of caloric intake, and suggested simple menus as well. There are no recipes, so you'll have to look elsewhere for those. After the meals, there are lists of foods that are beneficial for diabetics, along with information and suggestions for many of them. I am glad to have this book on my Kindle, as I can easily carry this with me when I shop.

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

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 find this little book very useful in planning meals. I use it to add variety and fun to my diet. From time to time, I get in a rut with planning for diabetic eating and staying on point with calorie intake. I like to pick different combinations to break the endless boredom. I put this on my Kindle, but I want a printed version also.

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.

Seems to have quite a lot of recipes. I haven't tried any of them yet due to just downloading this last night, but with the variety in the book, seems just what I was looking for.

This was ok, and I'm glad I didn't pay anymore than I did for the book. There really wasn't that much to this book, but will give me some ideas of what to eat, or more importantly, what NOT to eat. Had no idea a "normal" meat portion was 2 oz! Might as well not eat any. 4 oz. was bad enough!

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And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox)

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