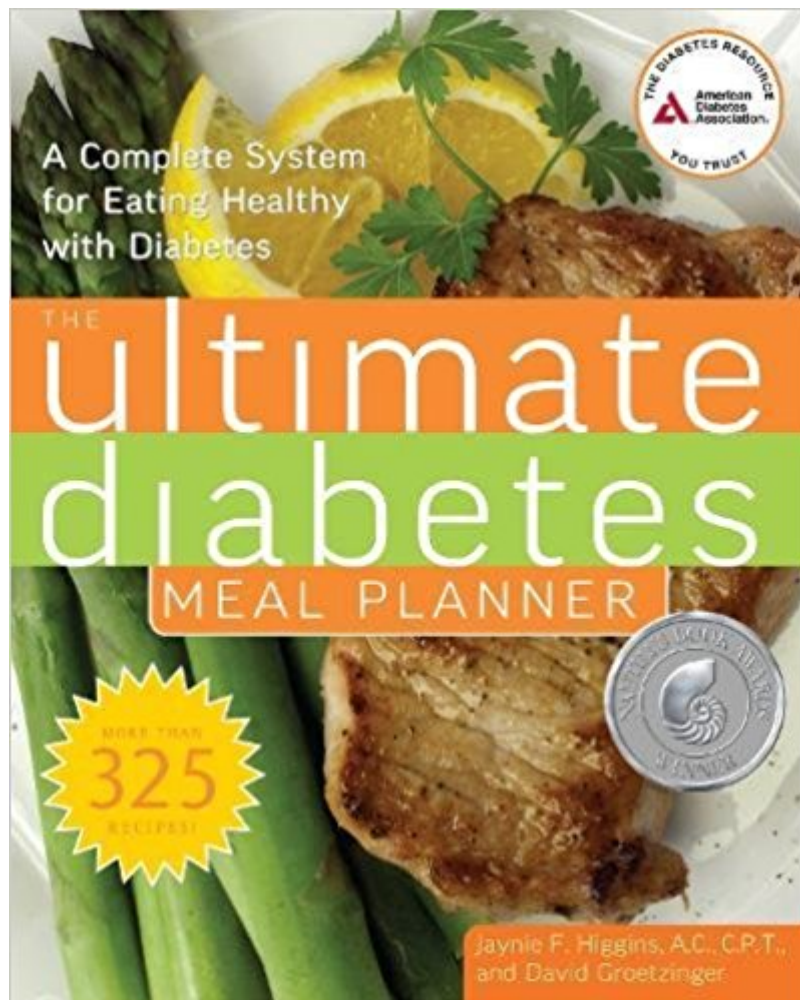




The book was found

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

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Average Customer Review: 4.0 out of 5 stars 99 customer reviews

Best Sellers Rank: #137,038 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #111 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #153 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

May every day be a celebration of living Life-abetes until a cure!

Jaynie Higgins, CPT, is a wellness consultant and certified personal trainer who has worked with the American Diabetes Association as an advocate in her home state of Maine. As Mrs. Maine America, Jaynie focused on diabetes education as her platform. She has diabetes and is dedicated to the task of teaching people how to live better with diabetes.

Did the author actually eat any of the food from the recipes in this book? I will skip all of the artificial, organic, and transfat complaints and just say that the recipes taste horrible. Sweetener is added

when no sweetener is needed. What's the deal with just adding wheat flour to about every recipe? I actually cooked the Orange chicken recipe following the recipe exactly and I got black tar covered chicken that tasted like an orange frosting. Most of the recipes remind me of diet recipes from the 70's that my mother would force us to eat. If you are trying to make it difficult for someone newly diagnosed with diabetes to stay on a diet, mission accomplished.

The recipes are not consistent for how many people they serve. They go from 4, 5, 6 or 8 servings. It is very difficult to figure out how much 1 serving would be. Also, they seem to be somewhat unrealistic in size. They also have too many ingredients that are difficult to find and I would not like anyway. I am not using it at all and will probably donate it in the near future.

Many of the recipes are duplicated. The yearly cycles are not consistent with ideas set forth. Most of the recipes have artificial sweeteners and low fat oils both of which I do not believe are very healthy.

I don't normally do this but felt compelled to do so because I was so disappointed with this book. This book may as well be called the Splenda cookbook, or imitation egg cookbook, or margarine cookbook. Perhaps if 'eating healthy' were taken out of the title of the book I would've have so peeved. I wish I had kept the receipt so I could get my money back. There are no pictures and it reads like a high school textbook with as much flare and personality. I did read a review online that touched on these issues but was desperate for a guidebook to help me plan my meals, as I am a fairly new type 1 diabetic. I would recommend the South Beach Diet book instead. Fake Food is not Healthy Food!

I would recommend this to anyone trying to keep blood sugar down, but more importantly to take off pounds with a safe and well-balanced meal plan. Choose your favorite days. you pick what you want to eat. I have lost about 1 pound a week eating lots of food and not feeling hungry or deprived. BTW - I am not diabetic, but love the balanced meal plans.

The book has a lot of tips on how to eat healthier, I'd say not just for diabetics, but anyone that wants to lose or maintain weight in a healthy manner. Has menu ideas for a weekly basis, for the four seasons and even has recipes. my only drawback is the book is a little "bulky". I've gotten used to a kindle sized e-reader, so to handle an actual book has become "clumsy". But that isn't the book's fault. The book is GREAT!

This book is interesting and informative. I like the idea that the recipes are listed according to seasonal availability of primary ingredients, and this would be very helpful if I didn't live in the desert southwest. I grow some of my own organic vegetables and the growing seasons where I live are not the same as the seasons in most other parts of the country. Additionally, this book is written for families with a diabetic as recipes serve anywhere from 4 to 12. I can prepare a 4 serving recipe and refrigerate or freeze 3 servings for later use but, living alone, recipes for up to 12 servings are not a practical option for me. I gave the book to a diabetic neighbor who cooks for her family of 5.

do not like the way this book is organized and some of the meal plans are ridiculous. I am really going to open a can of beans for a 1/4 cup and not use them again in any other meal that week? Not realistic.

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