



Magic Menus: For People With Diabetes

American Dietetic Association, American Diabetes Association

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Here is a calorie/carbohydrate-controlled collection of delicious, hassle-free meals to make meal planning a breeze. Based on a 1,500-calorie-a-day menu, every breakfast, lunch, and dinner recipe balances the reader's meal plan perfectly. Every meal-specific recipe includes the same number of carbs no matter which one readers pick -- they get 45-60 grams for every breakfast, 60-75 grams for every lunch, and 70-85 grams for every dinner -- which helps keep blood sugar levels stable. Readers can mix and match recipes to their tastes. Includes more than 50 breakfasts, 50 lunches, 75 dinners, and 30 snacks. This new edition includes complete nutrition analysis and carbohydrate counts for every meal and recipe.

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