



Just Diabetic Meal Plans, Holiday Meals, Vol 1

Wayne Goodwin

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Our Holiday meal plans are perfect for Type 1 or Type 2 diabetics who are having problems finding complete diabetic meal plans or are tired of finding recipes but having to plan meals around them. They are for people who wish they could find complete meal plans with exciting food and simple recipes and are looking to keep blood sugars more stable. They are wonderful for people who need to maintain or lose weight without feeling deprived. We do all the planning for you. Our complete Individual meal plans can be used whether you count carbs or follow a low Glycemic Index regimen. All of our Individual meal plans are designed to follow the currently published USDA Dietary Guidelines for Americans for % Carbohydrate, Protein, Fat and Saturated Fat. All individual meal plans criteria were designed in collaboration with and reviewed by a registered dietitian before publication. Our individual meal plans all include portion sizes for 1400, 1800 and 2200 cal per day. Adjustment to other diet sizes is easy because calorie counts are listed for every meal item. Consult your doctor, certified diabetic educator or dietitian for your appropriate daily caloric intake. Since many experts encourage two snacks per day, the caloric value of our main meal portions reflects having two snacks. So do not skip them. If you do not have two snacks, you may want to consult your dietician about where to add the calories not consumed at snack time. We only publish meal plans with an average Glycemic Index of 60 or less. All of our individual meals have the Available Carbs listed to aid in insulin dose calculations.

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Jill White:

Why? Because this Just Diabetic Meal Plans, Holiday Meals, Vol 1 is an unordinary book that the inside of the guide waiting for you to snap that but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking means. So , still want to delay having that book? If I were you I will go to the reserve store hurriedly.

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