



# **More Everyday MEAL PLANS for Diabetes: A 2nd collection of planned meals for Type 1 and Type 2 Diabetics and their Families**

*Wayne Goodwin, John Pantel*

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This More Everyday Meal Plans for Diabetes cookbook is simply what the title states: more everyday meal plans that were designed especially for individuals with all types of diabetes, who may be having problems finding complete diabetic meal plans or are tired of finding recipes and having to plan meals around them. They are also great for anyone wanting to eat healthier or those who want to watch their carbohydrate intake. They are designed to allow you to eat great tasting, exciting, and easy to prepare foods using common everyday ingredients. The food in your meal plan can help you manage your blood sugars and give you the energy you need for a healthy and active lifestyle. They are wonderful for anyone who wants to maintain or lose weight without feeling deprived. No need to try to count carbs on your own anymore with our simple, easy to follow meal plans. We do the planning, you do the cooking! Our complete meal plans are designed to provide consistent carbohydrate meals if followed at each meal, and can be used whether you count carbs or follow a low Glycemic Index regimen. All of our recipes and individual meals are made using nutrient-rich whole foods, including whole grains, lean meats, and lots of fresh fruits and vegetables, to give you the tastiest and most nutritious meals and snacks. In fact, our meals are so good that if you did not tell anyone they were designed to help control blood sugars, they would never know! All of our individual meal plans meet the new, currently published USDA guidelines for % carbohydrate, protein, fat and saturated fat. All meal plan charts include portion sizes for 1400, 1800 and 2200 calorie meal plans. Adjustments to other calorie levels are easy because calorie counts are listed for every meal item. To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Consult your dietitian or diabetes educator for a meal plan size that is right for you. Having two daily snacks is a great way to keep blood sugars and hunger in check, and is an essential part of a consistent carbohydrate meal plan. All of our meal plan caloric values reflect having two snacks; so do not skip them. If you do not have two snacks, you may want to adjust your portions accordingly or consult your dietitian about where to add calories not consumed at snack time. We only publish main meal plans with an average Glycemic Index of 60 or less.



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