Ebook Directory
the best source of ebook

The book was found

Easy Diabetes Diet Menus & Grocery Shopping Guide-Menu Me!



PDF
Adobe
DOWNLOAD EBOOK

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

File Size: 2362 KB

Print Length: 123 pages

Publisher: Easyhealth, LLC (January 5, 2014)

Publication Date: January 5, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B008STDFUW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #130,324 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes #80 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet >

Diabetic & Sugar-Free #112 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Diseases

Customer Reviews

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 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

Good

Great book for diabetics!

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.

It is all that it is advertised as and the reading is clear and understandable. The recipes are easy and the information is informative.

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.

Not what I was looking for as I attempt to manage my diabetes through exercise and diet. I needed a better book.

Download to continue reading...

Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist

Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Easy Diabetes Diet Menus & Grocery Shopping Guide-Menu Me! Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) 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: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) 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) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) The Shopping Addiction Remedy: Free Yourself From Retail Therapy Forever By Stopping Your Addiction to Shopping Today (shopping, credit card debt, shopping ... retail therapy, ebay shopping, spending) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1

Diabetes, Insulin) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

Contact Us

DMCA

Privacy

FAQ & Help