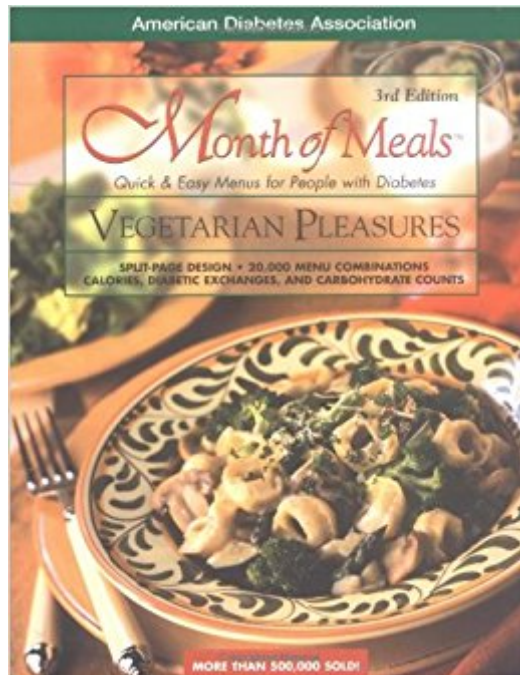


The book was found

# Month Of Meals: Vegetarian Pleasures



## Synopsis

Millions of ways to mix and match! Here's how it works: Each menu planner has 28 days worth of new menu choices; pages are split into thirds and are interchangeable. There are 20,000 menu combinations in each book. No matter which combination the reader chooses, carb counts and nutrients are correct for the entire day— automatically. Readers can mix and match among all of the menu planners if they want; millions of combinations are possible! Updated third editions of the Month of Meals series feature: Complete nutrient analysis and carbohydrate count for every meal. Every meal includes the same number of carbs, no matter which choice is picked— 45–60 grams for every breakfast, 60–75 grams for every lunch, and 70–85 grams for every dinner— this helps keep blood sugar levels stable. Covered spiral binding increases bookshelf visibility.

## Book Information

Series: Month of Meals Menu Planning

Spiral-bound: 85 pages

Publisher: American Diabetes Association; 1 edition (February 20, 2003)

Language: English

ISBN-10: 1580400809

ISBN-13: 978-1580400800

Product Dimensions: 8 x 0.5 x 10.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.6 out of 5 stars— See all reviews— (14 customer reviews)

Best Sellers Rank: #1,440,161 in Books (See Top 100 in Books) #118 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #1083 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I found this book to be helpful in understanding the basic proportions of a healthful vegetarian diabetic diet, but have some reservations about it overall. First of all, this book, which is sub-titled "Vegetarian Pleasures" might lead a practicing vegetarian to believe that it is focused on vegetarians, but ...throughout the book, vegetable protein sources are referred to as "meat substitutes". To a practicing vegetarian, there is no such thing as a meat substitute because there is no meat on your plate. The editors should take note of this for the next edition or be more up front about the fact that this book is really for non-vegetarians trying to add meatless meals to their

diabetic routine. Which I completely support, by the way!! also found some of the meals a little awkward, like this one: 1 soy dog, 1/2 c EACH carrot and celery sticks, 1/2 brussels sprouts AND 1 c bean salad, made with legumes. I really didn't know what to make of this either from an aesthetic or nutritional viewpoint. And I found the use of a certain brandname dried soup mix throughout to be annoying when it's so easy to make up and freeze nutritious home-made soups. All that being said, though, I would still recommend this book to anyone who wants to have a selection of usually tasty, nutritious vegetarian diabetic meals, in a easy to read format. I liked the mix and match concept, the meals provide good templates for designing your own favorites, and the nutritional information in the back is very helpful. The menus tend to be the :30 quick-fix at home sort, but some of them are really good and they appeal to a contemporary palate in their mix of ethnic and old standard recipies.

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