



# 28 Day Diabetes Diet Meal Planner- Menu Me!: Lower Carb Menus & Easy Recipes

*Easyhealth Nutrition*

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Has your healthcare provider recommended a carb controlled diet for managing type 2 diabetes? Looking for sample menus to help you get started? Menu Me! 28 Day Diabetes Diet Meal Planner- for 30gm, 45gm & 60gm Carbohydrate Diets puts you in control with a month of menus and easy, delicious recipes the whole family will enjoy.

### **Book highlights include:**

-28 days of detailed sample menus (breakfast, lunch and dinner) for 30gm carb/meal, 45gm carb/meal and 60gm carb/meal diet plans. Takes all the effort out of meal planning by showing you exactly what to eat and how much to eat to stay within your chosen carb level.

-Over 80 easy-to-fix, dietitian-tested recipes designed to help those with limited cooking skills feel confident in the kitchen. Our tasty recipes use easy-to-find ingredients and most use less than 6 items.

### **Excerpt from Table of Contents:**

MEAL PLANNING 101

PORTION CONTROL

CARB CONTROLLED MENUS

-APPROX 30GM CARB/MEAL

WEEK 1- WEEK 4

-APPROX 45GM CARB/MEAL

WEEK 1- WEEK 4

-APPROX 60GM CARB/MEAL

WEEK 1- WEEK 4

### **DIABETES DIET RECIPES:**

SALADS

SANDWICHES AND WRAPS

EGGS AND BREAKFAST DISHES

MAIN DISHES

VEGETABLES AND SIDE DISHES

DESSERTS

MISCELLANEOUS

-Get your healthcare provider's input on which carb level is right for you then let Menu Me! make meal planning easy!

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#### **Jean Ashburn:**

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#### **Sara Love:**

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