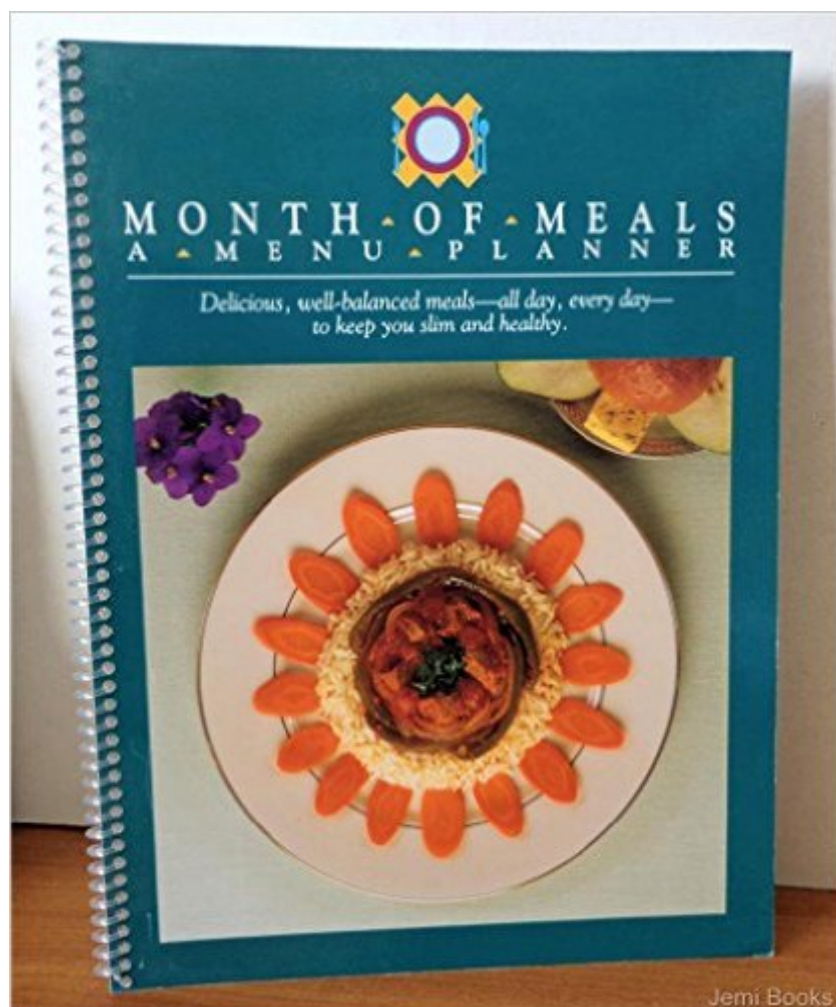


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# Month Of Meals: A Menu Planner



## Synopsis

Month of Meals: A Menu Planner

## Book Information

Spiral-bound: 57 pages

Publisher: American Diabetes Association (November 1995)

Language: English

ISBN-10: 0945448112

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Product Dimensions: 10.1 x 7.7 x 0.2 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #728,805 in Books (See Top 100 in Books) #68 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #615 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #906 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

The page is divided into 3 sections horizontally. One section each for breakfast, lunch and supper. The pages are made so one can interchange different days menus. Each recipe suggested is on the page. Sometimes I run out of ideas for making different foods and this fills the void.

I bought this to give as a birthday gift to a very good friend. It was highly recommended by several friends this is one of several in a series / makes diabetic planning understanding a snap, and interesting! I love mine!

This was the first diabetic cookbook I ever had and I used it all the time. Receipes are easy to make and everything I made was very good I even my family liked what I made. I will be buying more of these easy to use books.

Great book to make fast and easy meals.

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