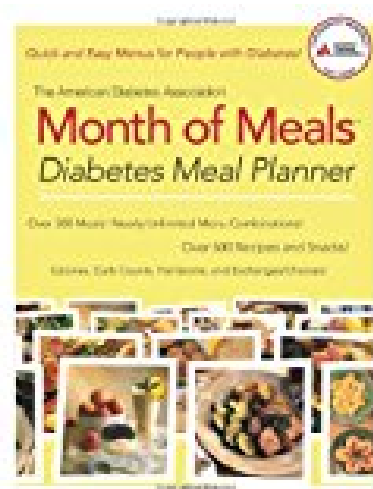


The American Diabetes Association Month of Meals Diabetes Meal Planner



BOOK DETAILS

- Author : American Diabetes Association
- Pages : 304 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580403360



BOOK SYNOPSIS

The bestselling Month of Meals series is all here—newly updated and collected into one complete, authoritative volume! With this proven meal-planning system, you'll have thousands of daily menu combinations, with more than 330 diabetes-friendly recipes, and thousands of snack combinations. Stop worrying—and start enjoying your food!

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