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Just Diabetic Meal Plans, Basic Meals, Vol 1: A Collection of Planned Meals for Type 1 and Type 2 Diabetics and their Families

Wayne Goodwin

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Our meal plans are perfect for Type 1 or Type 2 diabetics who are having problems finding complete diabetic meal plans or are tired of finding recipes but having to plan meals around them. They are for people who wish they could find complete meal plans with exciting food and simple recipes and are looking to keep blood sugars more stable. They are wonderful for people who need to maintain or lose weight without feeling deprived. We do all the planning for you. Our complete Individual meal plans can be used whether you count carbs or follow a low Glycemic Index regimen. All of our Individual meal plans are designed to follow the currently published USDA guidelines for % Carbohydrate, Protein, Fat and Saturated Fat. All Individual meal plans criteria were designed in collaboration with and reviewed by a registered dietitian before publication. Our Individual meal plans all include portion sizes for 1400, 1800 and 2200 cal per day. Adjustment to other diet sizes is easy because calorie counts are listed for every meal item. Consult your doctor, certified diabetic educator or dietitian for your appropriate daily caloric intake. Since many experts encourage two snacks per day, the caloric value of our main meal portions reflects having two snacks. So do not skip them. If you do not have two snacks, you may want to consult your dietician about where to add the calories not consumed at snack time. We only publish main meal plans with an average Glycemic Index of 60 or less. All of our individual meals have the Available Carbs listed to aid in insulin dose calculations.

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