

This Holiday and Special Occasion Meal Plans for Diabetes cookbook is simply what the title states: meal plans for special occasions for diabetics that were designed especially for individuals with all types of diabetes, who may be having problems finding complete diabetic meal plans or are tired of finding recipes and having to plan meals around them during the holidays. They are designed to allow you to eat great tasting, exciting, and easy to prepare foods using common everyday ingredients. The food in your meal plan can help you manage your blood sugars and give you the energy you need for a healthy and active lifestyle. They are wonderful for anyone who wants to maintain or lose weight without feeling deprived. No need to try to count carbs on your own anymore with our simple, easy to follow meal plans. We do the planning, you do the cooking! Our complete meal plans are designed to provide consistent carbohydrate meals if followed at each meal, and can be used whether you count carbs or follow a low Glycemic Index regimen. All of our recipes and individual meals are made using nutrient-rich whole foods, including whole grains, lean meats, and lots of fresh fruits and vegetables, to give you the tastiest and most nutritious meals and snacks. In fact, our meals are so good that if you did not tell anyone they were designed to help control blood sugars, they would never know! We follow the TRIFLE acronym for all of our meal planning. All meals must be Tasty Readily available ingredients Inexpensive Family Friendly Low Glycemic Index Easy to prepare All of our individual meal plans meet the new, currently published USDA guidelines for % carbohydrate, protein, fat and saturated fat. All meal plan charts include portion sizes for 1400, 1800 and 2200 calorie meal plans. Adjustments to other calorie levels are easy because calorie counts are listed for every meal item. To lose weight, you will need to eat fewer calories. To gain weight, you will need to eat more calories. Consult your dietitian or diabetes educator for a meal plan size that is right for you.

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