



Vegetarian Pleasures (Month of Meals Menu Planning)

American Diabetes Association

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The award-winning breakfast, lunch, and dinner menu planning book has been completely revised to reflect the most recent updates in nutrition values and exchange information. What hasn't changed is that fats, calories, and exchanges are already figured for you--automatically. Here's how: Each menu planner offers 28 days' worth of fresh, tasty new breakfast, lunch, and dinner selections (most can be prepared inside of an hour)The pages are split into thirds and are interchangeable, so readers can flip to any combination of breakfast, lunch, and dinnerNo matter which combination you choose, nutrients and exchanges will still be correct for the entire day--automatically

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