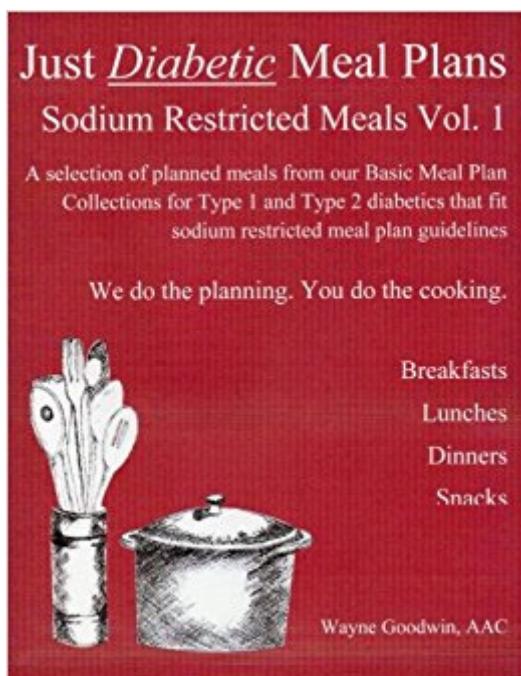


The book was found

Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A Selection Of Planned Meals From Our Basic Meal Plan Collections For Type 1 And Type 2 ... Fit Sodium Restricted Meal Plan Guidelines



Synopsis

Our low sodium individual meal plans are perfect for Type 1 or Type 2 diabetics on a sodium-restricted diet 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 and sodium intake to a minimum. They are wonderful for people who need to maintain or lose weight without feeling deprived. We do all the planning for you. Our complete low sodium individual meal plans can be used if you count carbs or follow a low Glycemic Index regimen and must restrict sodium intake. All of our low sodium Individual meal plans are designed to follow the currently published USDA guidelines for % Carbohydrate, Protein, Fat, Saturated Fat and sodium. All low sodium individual meal plans average less than 1.0 mg sodium per calorie and are designed in collaboration with and reviewed by a registered dietitian before publication. Our low sodium 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 reflect having two snacks. So do not skip them. If you do not have two snacks per day, you may want to consult your dietitian about where to add the calories not consumed at snack time. We do not publish low sodium individual meal plans with a High Glycemic Index. And only rarely do we publish meal plans with a Medium Glycemic Index. All of our low sodium individual meal plans have the Sodium, Available Carbs and Glycemic Index listed.

Book Information

Paperback: 136 pages

Publisher: CreateSpace Independent Publishing Platform; Lrg edition (May 13, 2013)

Language: English

ISBN-10: 1484964284

ISBN-13: 978-1484964286

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,273,593 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #906 in Books >

Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #5470

inÃ  Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

[Download to continue reading...](#)

Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines

BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)

Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods

Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ... Natural Weight Loss

Transformation Book 8) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals (Diabetic ...

Natural Weight Loss Transformation Book 7) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy

Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals

(Diabetic ... Natural Weight Loss Transformation Book 5) Diabetic Recipes [Second Edition]:

Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages TYPE 2 DIABETES

DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2

Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole

Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Weight Loss Transformation)

(Volume 5) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet,

Diabetes Magazine] Meal Prep: The BeginnerÃ¢â€šâ€œs Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean

Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal

Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Meal Prep: The Best Meal Prep Recipes

Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook,

Meal Planning 1) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium

Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal

Plan 1) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and

Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library)

Royal Canadian Air Force Exercise Plans for Physical Fitness: Two Books in One / Two Famous

Basic Plans (The XBX Plan for Women, the 5BX Plan for Men) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetic Cookbook For One: Over 280 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)