

# diabetes diabetic meals by the plate

90 low-carb meals  
to mix & match

STARCH OR GRAIN

PROTEIN

NONSTARCHY VEGGIES

A Series: Flavors and Gardens, Book

Diabetic Living Editors

## Diabetic Living Diabetes Meals by the Plate: 90 Low-Carb Meals to Mix & Match



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A straightforward, graphic guide to setting up delicious, diabetes-friendly meals a simple approach to taking in the proper foods in proper amounts by filling your plate with one half nonstarchy vegetables, one quarter protein, and one quarter starch. Sidestepping complex programs that turn meal-preparing into work, the 90 complete foods in Diabetes Meals by the Plate stick to the Plate Method—This innovative, graphic cookbook offers the easiest & most flavorful way to build complete meals that are diabetes-friendly and delicious. chapters help you add in basic sides and desserts. All foods are 500 calorie consumption or less.extras” Two “ A clever photo style displaying every meal in its three components makes it easy to take pleasure from flawlessly portioned plates of Balsamic Roasted Chicken and Vegetables with Garlic Toast, or Horseradish BBQ-Topped Mini Meat Loaves with Cut Romaine Salad.



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