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## **Quick Easy Meals and Menus: Menus and Recipes for Easy, Everyday Meal Planning (A Diabetes Self-Management Book)**

*Marjorie Hollands, Margaret Howard*  
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#2178870 in Books R A Rapaport Pub 1997-06 Original language: English PDF # 1 #File Name: 0963170147132 pages Great product! | File size: 55.Mb

**Marjorie Hollands, Margaret Howard : Quick Easy Meals and Menus: Menus and Recipes for Easy, Everyday Meal Planning (A Diabetes Self-Management Book)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Quick Easy Meals and Menus: Menus and Recipes for Easy, Everyday Meal Planning (A Diabetes Self-Management Book):

3 of 3 people found the following review helpful. Easy Meal planning for diabetes By L. R. Gallt The book has the unique concept of each page cut in thirds. You pick and choose the meals for the day and flip your choices over, securing them for easy reference. The meals are easy to prepare, cost conscious and theoretically sound. Although the copyright date of my copy is 1997, I think that it translates well to 2011. My mate can make his choices and it is easy to see what the meals might be for the day. I give it a thumbs up. 2 of 2 people found the following review helpful. a "MUST HAVE" for diabetics By Merrill Jean Green LOVED the page being split in 3 sections for changing breakfast, lunch dinner ideas. Really helps with meal planning so you don't have to eat the same things over over. EASY to use. 1 of 1 people found the following review helpful. Love, love, love these authors, their books! By Customer Happy with my purchase! Would from seller again. Highly recommended!

