



# The Ultimate Diabetes Meal Planner: A Complete System for Eating Healthy with Diabetes

By Jaynie F. Higgins, David Groetzinger

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## The Ultimate Diabetes Meal Planner: A Complete System for Eating Healthy with Diabetes By Jaynie F. Higgins, David Groetzinger

Takes the guesswork out of what to eat for breakfast, lunch, and dinner

Knowing what to eat with diabetes can be frustrating, but it's the most important way to manage the disease. It's also the area where people give up the fastest, but with Ultimate Diabetes Meal Planner you will never have to ask "What's for dinner?" again.

Ultimate Diabetes Meal Planner includes weekly plans for breakfast, lunch, dinner, and snacks, along with detailed recipes that make using the 16-week meal plan easy. The overall calorie count—based on 1500, 1800, 2000, 2200, or 2500 daily calories—lets you choose the right diet, whether you're looking for weight loss or just healthy living.

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**The Ultimate Diabetes Meal Planner: A Complete System for Eating Healthy with Diabetes** By Jaynie F. Higgins, David Groetzinger **Bibliography**

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## **Editorial Review**

**From the Author**

May every day be a celebration of living Life-abetes until a cure!

**About the Author**

Jayne Higgins, CPT, is a wellness consultant and certified personal trainer who has worked with the American Diabetes Association as an advocate in her home state of Maine. As Mrs. Maine America, Jaynie focused on diabetes education as her platform. She has diabetes and is dedicated to the task of teaching people how to live better with diabetes.

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