



# Month of Meals - Quick & Easy Menus for People With Diabetes: Classic Cooking

*American Diabetes Association*

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The award-winning breakfast, lunch, and dinner menu planning series 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 the reader -- 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 dinner
- No matter which combinations they choose, nutrients and exchanges will still be correct for the entire day
- automatically
- They can even mix and match between menu planners -- literally millions of combinations are possible

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