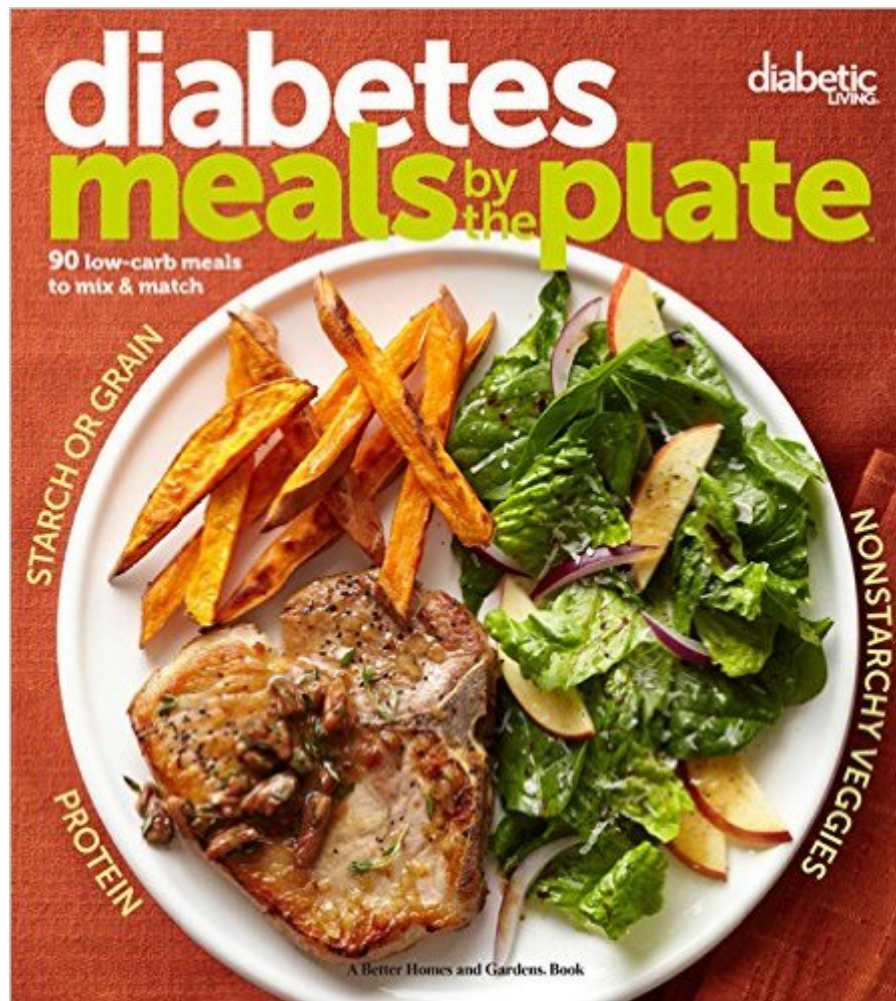


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# Diabetic Living Diabetes Meals By The Plate: 90 Low-Carb Meals To Mix & Match



## Synopsis

An easy, graphic guide to planning delicious, diabetes-friendly meals! This innovative, graphic cookbook offers the easiest and most flavorful way to build complete meals that are diabetes-friendly and delicious. Sidestepping complex programs that turn meal-planning into work, the 90 complete meals in *Diabetes Meals by the Plate* follow the Plate Method—a simple approach to eating the right foods in proper amounts by filling your plate with one half nonstarchy vegetables, one quarter protein, and one quarter starch. A clever photo style showing every meal in its three components makes it easy to enjoy perfectly portioned plates of Balsamic Roasted Chicken and Vegetables with Garlic Toast, or Horseradish BBQ-Topped Mini Meat Loaves with Chopped Romaine Salad. All meals are 500 calories or less. Two "extras" chapters help you add in simple sides and desserts.

## Book Information

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## Customer Reviews

Orange-Miso Salad & Chicken 1/4 Plate Protein: chicken, peanuts 1/4 Plate Starch or Grain: soba noodles 1/2 Plate Nonstarchy Veggies: spinach, sweet peppers, mushrooms, red onion, green onions Skewer Salad with Orange-Miso Vinaigrette and Chicken Servings: 4 (1 chicken breast half, 3/4 cup spinach, and 2 vegetable skewers) Prep: 30 minutes Marinate: 4 hours Broil: 12 minutes Directions 1. For marinade, in a small bowl whisk together orange juice, vinegar, miso, sesame oil, and the crushed red pepper. Transfer half of the marinade to another small bowl.

Cover and refrigerate until ready to serve. Pour the remaining marinade in a large resealable plastic bag. Add chicken breast halves to the bag. Seal bag and turn to coat chicken. Place bag with chicken in a medium bowl. Marinate chicken in the refrigerator for 4 to 6 hours, turning bag occasionally.

2. Thread pepper pieces, mushrooms, and onion wedges alternately on eight 12-inch metal skewers, leaving a 1/2-inch space between each piece. Lightly coat vegetables with nonstick cooking spray. Drain chicken, discarding any marinade.

3. Preheat broiler. Place vegetable skewers and chicken pieces on the unheated rack of a broiler pan (broil in batches if pan is not large enough). Broil 5 to 6 inches from the heat for 8 to 10 minutes for vegetables or until just tender, turning once halfway through broiling time. Broil chicken for 12 to 15 minutes or until an instant-read thermometer inserted in chicken registers 165°F, turning once halfway through broiling time. Keep warm.

4. To serve, divide spinach among four serving plates; top with vegetable skewers. Add chicken and sprinkle with sesame seeds. Stir reserved marinade; drizzle over skewers and spinach.

Per Serving: 282 cal., 8 g total fat (1 g sat. fat), 90 mg chol., 392 mg sodium, 16 g carb. (3 g fiber, 10 g sugars), 34 g pro. Exchanges: 1.5 vegetable, 0.5 starch, 4 lean meat, 0.5 fat.

**Ingredients** 1 1/2 cup orange juice 1 1/3 cup rice vinegar 2 tablespoons white miso paste 1 tablespoon toasted sesame oil 1 1/4 teaspoon crushed red pepper 4 skinless, boneless chicken breast halves (1 1/4 pounds) 2 medium red, orange, and/or yellow sweet peppers cut into 1 1/2-inch pieces 8 ounces small whole fresh mushrooms 1 large red onion, trimmed and cut into 1-inch wedges 3 cups packaged fresh baby spinach leaves 1 teaspoon sesame seeds, toasted

**Soba Noodles with Peanuts** Servings: 4 (1 1/2 cup noodles each) Start to Finish: 15 minutes

**Directions** 1. Cook noodles according to package directions. Drain and return to the pan. Add green onion tops, peanuts, sesame oil, and orange peel. Toss to combine. Divide among plates.

Per Serving: 182 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 288 mg sodium, 24 g carb. (2 g fiber, 1 g sugars), 6 g pro. Exchanges: 1.5 starch, 1.5 fat. **Total Meal Nutrition** Per Plate: 464 cal., 16 g total fat (2 g sat. fat), 90 mg chol., 680 mg sodium, 40 g carb. (5 g fiber, 11 g sugars), 40 g pro. Exchanges: 1.5 vegetable, 2 starch, 4 lean meat, 2 fat.

**Ingredients** 4 ounces dried soba noodles (buckwheat noodles) 1 1/3 cup sliced green onion tops 1 1/4 cup chopped lightly salted peanuts 1 tablespoon toasted sesame oil 2 teaspoons finely shredded orange peel

I am a dietitian who works in outpatient clinic settings. I also have type 1 diabetes. I saw an

advertisement in Diabetic Living magazine for this book and was intrigued as it follows the diabetic Plate Method. A patient of mine ordered it upon my recommendation and brought it with her one visit. Wow! The meals in here are extremely appealing and relatively simple to make. Everyone who has looked at it (diabetic or not) says the same thing-that the meals look great, aren't too complicated and don't have unusual ingredients that you have to purchase especially for one or two recipes. It is so convenient that the nutrition analysis is given for both the complete meal and the individual recipes in the meal. If you or a relative or friend are struggling to find easy and appealing ideas to stay on track with your meal plan I highly recommend this book. It appears to appeal to a wide range of people.

Very simple and attractive combinations....It chooses your food for you, balanced and portion control...If you dislike one item, it can always be changed out for another..I wish there were more books: One for breakfasts & one for lunch.

This is the best cookbook I have ever owned. It is for the beginner with Diabetes, or the long time suffer. The recipes are good, and it explains how to eat if you have Diabetes. You don't have to figure it out any more, it is already done for you. Plus, it has a picture of every meal. I can't say enough about it!

Luv the format of how to create a balance meal. I am very visually oriented and this book and the beautiful photos of the meals are are big help.

Takes the guess work out of portion sizes. Have enjoyed the recipes tried so far and it's the main recipe book I'm using at present. My husband has been pleased and that's what really counts as he is the one I'm cooking for. I even tried jicama for the first time & my husband who is limited in the things he likes, especially vegetables, like it. I also love the fact that I'm able to mix and match to our liking and still stay within the proper portion sizes. The first recipe I tried is the one on the cover of the book and it was delicious. Thanks for the pictures of the meals...it really helps me decide what I want to try.

Excellent recipes and recommendations. Bought this book not because I'm diabetic but as a aid to make better food choices with portions. Pictures are a great aid.

This is an awesome book. Great nutritional info. Complete meals for those days when I don't want to think about what to make to go with . . . . The pictures make it all very appetizing, and even I know what it's "supposed" to look like! Just paging through the book I found loads of recipes that will eventually find their way to our table. And even the non-diabetic in this household (that would be me) can really enjoy these meals!

We diabetics know what we should be eating, but the amounts can be a pain. Thank you for making it so easy to plan a meal to feed the whole family.

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