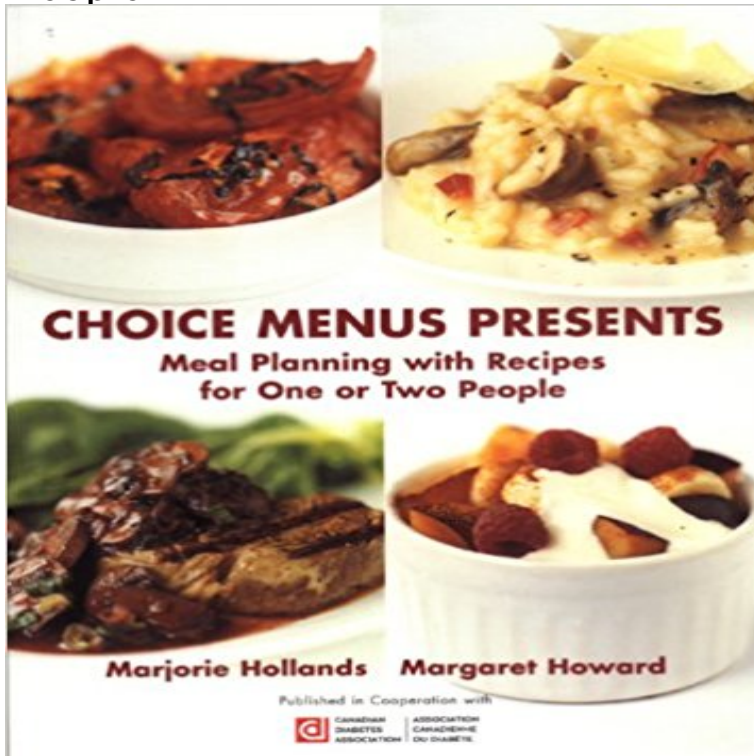


# Choice Menus Presents: Meal Planning with Recipes for One or Two People



Travelling across the country speaking with devotees of the CHOICE MENUS series, authors Marjorie Hollands and Margaret Howard heard the message, Your books are wonderful, but what about those of us who cook for just one or two? CHOICE MENUS PRESENTS: Meal Planning with Recipes for One or Two People was born. Using current nutritional information and Canadian Diabetes Association guidelines, the authors have cooked up a delicious and healthy resource for the smaller household. CHOICE MENUS PRESENTS will satisfy those who want mealtime variety along with help managing their diabetes or controlling their weight. Take the guesswork out of meal planning! Mix and match your favourite meals and snacks from a month of menus in a convenient split-page format, and be confident that you are eating healthy, balanced meals. And for a taste of something different, don't miss the International Cuisine menus. CHOICE MENUS PRESENTS makes it easy!

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