If you have Type 2 diabetes, you may find that maintaining a healthy weight is especially difficult. The Everyday Meal Planner for Type 2 Diabetes gives you the tools to augment a weight-management program and achieve your goals. Specific dining guidelines address important dietary considerations, and 50 healthy recipes are featured. There’s information on label reading, grocery shopping, ordering from menus, and more. Product Identifiers. An edition of Everyday Meal Planner for Type 2 Diabetes (2002). The Everyday Meal Planner for Type 2 Diabetes. Simple Tips for Healthy Dining at Home or On the Town. 1 edition. Planning healthy meals isn’t difficult, it just takes a bit of practice. Find an example of a healthy diet, with a one-week menu of healthy foods. A Week of Healthy Meal Plans. Studying a few examples may make this whole meal planning thing easier, so here’s a full week’s worth. You don’t need to follow the days in order; you can choose any meal plan, skip one, or repeat as you like. This week’s meal plan was designed for a person who needs about 2,100 to 2,200 calories per day and doesn’t have any dietary restrictions. Your daily calorie goal may vary. Learn what it is below, then make tweaks to the plan to fit your specific needs. Get nutrition tips and advice to make healthy eating easier. Sign Up. You're in! Thank you, {{form.email}}, for signing up. There was an error. Please try again.