



## Month of Meals: Soul Food

*Roniece Weaver*

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Meal planning made easy with great soul food! Finally, 28 days of new menu choices with foods that readers want to eat. Pages are split into thirds and offer interchangeable, mix-and-match breakfast, lunch, and dinner choices. No matter which combination is chosen, exchanges and nutrients are correct for the entire day automatically! *Month of Meals: Soul Food* includes more than 55 recipes for African American and Southern favorites.

Recipes include:

- Ernestine's Pigeon Peas and Rice
- Chicken and Dumplings
- Fried Okra
- Soulful Chili

**Roniece Weaver, M.S., R.D., L.D., and Fabiola D.Gaines, R.D., L.D.,** are founding partners of Hebni Nutrition Consultants, Inc., and they cochair the Cultural Diversity Committee for the Central Florida American Diabetes Association in Orlando.

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