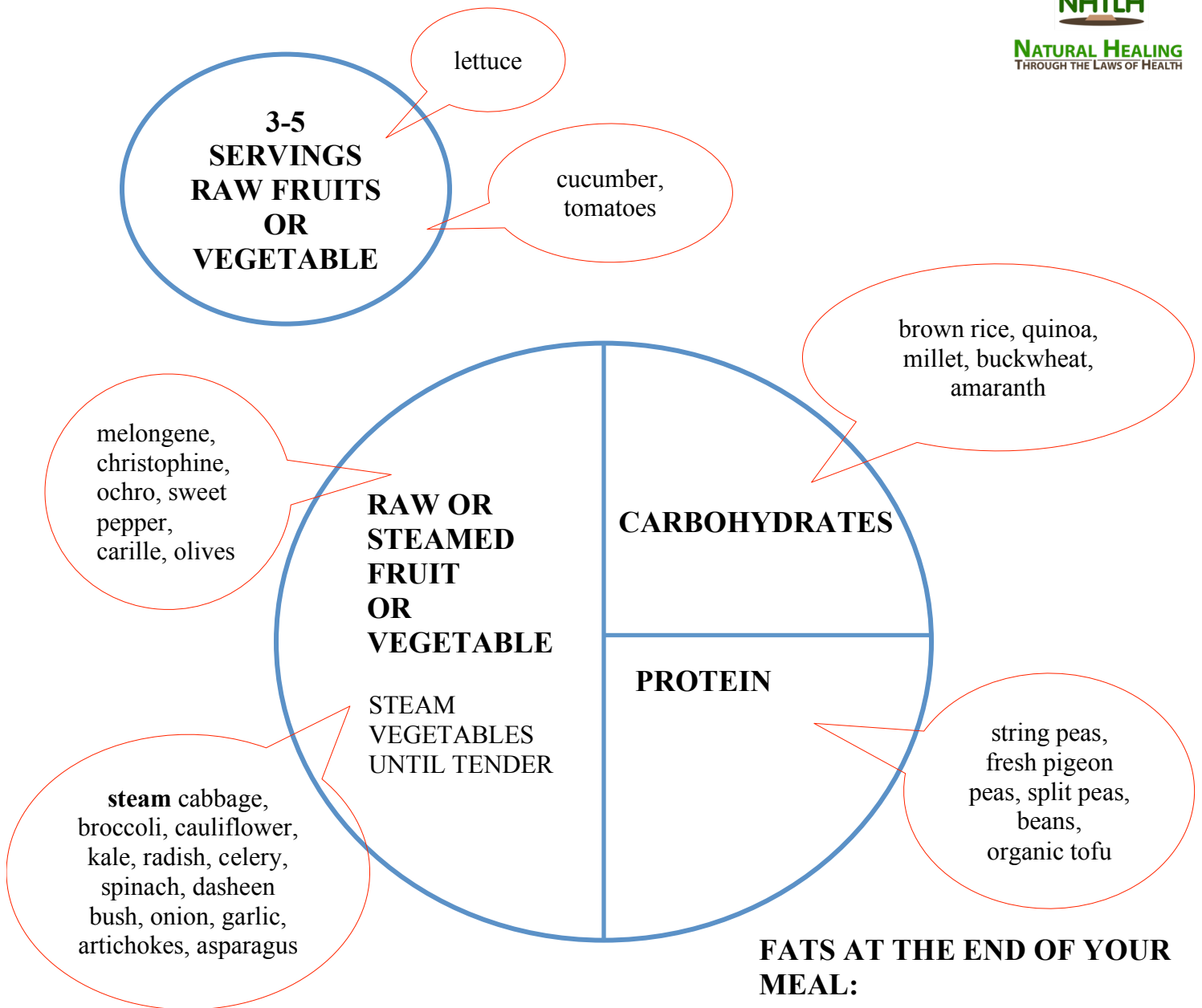


DIABETES MENU CHART

BREAKFAST AND LUNCH



NATURAL HEALING
THROUGH THE LAWS OF HEALTH



FATS AT THE END OF YOUR MEAL:

- A handful of your favorite nuts
- A piece of dried coconut
- A slice or two of gluten-free bread with nut butter on it

SUPPER

- Cucumbers or
- Bread (gluten-free) with tomatoes or
- Popcorn or
- Lemon water

Natural Healing Through the Laws of Health

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