

Diet Plan for Pre-Diabetes



PROTEIN

lean meats
poultry-no skin
cod
halibut
rockfish
tuna



VEGGIES

broccoli
carrots
collards
green beans
green peas
kale
spinach
squash
tomatoes



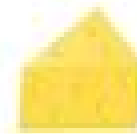
FRUIT

apples
apricots
bananas
dates
grapes
oranges
grapefruit
mangoes
melons
peaches
pineapples
strawberries
tangerines



STARCH

whole wheat
bread, pasta
pita
oatmeal
brown rice
popcorn
cereal
potatoes
lima beans



DAIRY

fat-free or
low-fat
milk
cheese
yogurt



FAT

almonds
hazelnuts
peanuts
walnuts
nut butter
seeds
olive oil
canola oil

Feast For A Diabetic Diet

C Cleary



Feast For A Diabetic Diet:

Whispering the Secrets of Language: An Emotional Journey through **Feast For A Diabetic Diet**

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within phrases often go unheard. Yet, nestled within the pages of **Feast For A Diabetic Diet** a fascinating literary value pulsating with fresh emotions, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the psychological depths of this poignant review, we can embark upon a heartfelt exploration of the book's primary themes, dissect its fascinating publishing design, and fail to the powerful resonance it evokes strong within the recesses of readers' hearts.

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