



## Lickety-Split Diabetic Meals

*Zonya Foco R.D.*

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# Lickety-Split Diabetic Meals

*Zonya Foco R.D.*

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Let Zonya Foco be your guide as you learn how to save time, eat smart, and lose weight. With over 175 recipes, Lickety-Split Diabetic Meals features meals that can be prepared in minutes, and each recipe includes a healthy tip to help you save time, exercise better, and eat right. Lickety-Split Diabetic Meals is a one-of-a-kind resource - part cookbook, part meal planner, and part self-management guide. Learn how to change the life you have into the life you want!

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