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Month of Meals: All-American Fare

American Diabetes Association

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Millions of ways to mix and match! Here's how it works:

Each menu planner has 28 days worth of new menu choices; pages are split into thirds and are interchangeable. There are 20,000 menu combinations in each book. No matter which combination the reader chooses, carb counts and nutrients are correct for the entire dayautomatically. Readers can mix and match among all of the menu planners if they want; millions of combinations are possible!

Updated third editions of the Month of Meals series feature:

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