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The Essential Blood Sugar Diet

If you are ready to lose weight, improve your health and rebalance your body then The Essential Blood Sugar Diet Recipe Book is the perfect place to begin!

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Dietary fiber: Essential for a healthy diet - Mayo Clinic
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Holiday Pumpkin Custard 2 egg whites 1/8 tsp. ground ginger 1 cup canned pumpkin 1/8 tsp. ground allspice 3/4 cup evaporated skim milk Dash salt 3 Tb. sugar Whipped dessert topping In a medium mixing...

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