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THE 8-WEEK BLOOD

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~~Pre-Diabetes Diet Plan:~~

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has blood-sugar-reducing properties. 2.

Seafood.

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nuts and the occasional
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Sugar Diet by Michael
Mosley

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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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