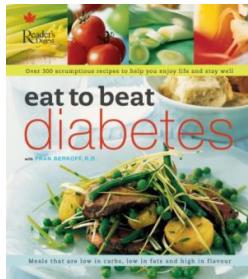


## Eat to Beat Diabetes: Meals That Are Low in Carbs, Low in Fats and High in Flavour



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