

**Mix 'n' Match Meals In Minutes For People With
Diabetes: A No-Brainer Solution To Meal Preparation
By Linda Gassenheimer**

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"Mix and Match" Meal Planning Strategy Create Meals from Basic Foods on Hand - Solve the "What's for Dinner" Dilemma. Questions or comments? Email Alice Henneman, MS

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This is the meal from what you have in your cupboards you dont always think you have something there and this is my suggestion for creativity under duress!

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Apr 05, 2011 The following recipe is one I prepare regularly to use up leftovers or clear out the cupboards. I keep a copy of this taped to the inside of my pantry door

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A Sampling with Linda Gassenheimer. from Market to Table and Mix n Match Meals in Minutes for People with Diabetes: A No-Brainer Solution to Meal

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Mix- n- match meal program cindy whitmarsh

Product Description. 100 500 calorie meals that can be combined to give you daily variety of what you
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