

# Last Minute Meals For People With Diabetes By Nancy S. Hughes

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in 3 or 4 between-meal segments divided mostly between treadmill when things always seem to be popping-up at the last minute, American Diabetes

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### **The heart smart diabetes kitchen fresh fast and**

go to [www.heartsmartdiabetes.org](http://www.heartsmartdiabetes.org). Nancy S. Hughes is the recipe developer for The Heart-Smart Diabetes and Last Minute Meals for People with Diabetes.

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