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3% duty under the first schedule to customs act, 1969. **smart snacks - american diabetes association:** - what can i eat? for more information visit diabetes or call 1-800-diabetes. 1 . smart snacks when you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, **atkins® 40 - standard meal plan week 1 - dinner snack lunch snack breakfast atkins® 40 - standard meal plan week 1 grocery guide smartcarbs powerfuels - nutrisystem** - prunes, ¼ cup pumpkin, (limit—high gi) 1 cup cooked quinoa, ½ cup cooked raisins, ¼ cup raspberries, 1 cup rice, brown, cooked ½ cup roll, whole wheat or rye, 1 small **grocery guide - amazon web services** - 16. jicama is a root vegetable that touts 6g. of fiber per cup. peel and slice up 1-1/2 c., and dip into a mixture of 1 tbsp. of greek yogurt, 1 tbsp. of mustard and 1 tsp. of honey. **soul food - american diabetes association®** - 1. heat the oil in a large skillet and sauté the chicken about 5 minutes on each side. 2. add the remaining ingredients and simmer for 20 minutes.

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