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|  | Diabetes Meal Planner 🍽️ | | | | | | | | | | |  |
| Monday | |  | Tuesday | |  | Wednesday | |  | Thursday | |
| ***Fruit / Veggies*** | | ***Fruit / Veggies*** | | ***Fruit / Veggies*** | | ***Fruit / Veggies*** | |
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| ***Protein*** | | ***Protein*** | | ***Protein*** | | ***Protein*** | |
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| ***Carbs*** | | ***Carbs*** | | ***Carbs*** | | ***Carbs*** | |
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| ***Blood Level :*** |  | ***Blood Level :*** |  | ***Blood Level :*** |  | ***Blood Level :*** |  |
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|  | |  | |  | |  | |
| Friday | | Saturday | | Sunday | | Notes | |
| ***Fruit / Veggies*** | | ***Fruit / Veggies*** | | ***Fruit / Veggies*** | |  | |
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| ***Protein*** | | ***Protein*** | | ***Protein*** | |  | |
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| ***Carbs*** | | ***Carbs*** | | ***Carbs*** | |  | |
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| ***Blood Level :*** |  | ***Blood Level :*** |  | ***Blood Level :*** |  |  | |
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