

# On the Weigh - Menu Planning - May 29th

## Menu Planning

Created by lizzarus

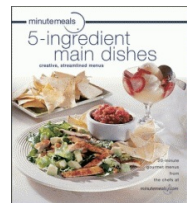
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### Taking Care of Your Diabetes Every Day

<http://bit.ly/1aSKVUw>

### Vegan Menus for adults 51+

<http://bit.ly/175rs6z>

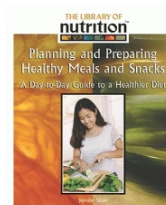


### 5-ingredient main dishes

edited by Miriam Garron.

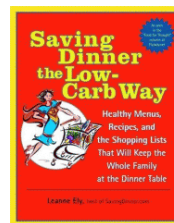
### 12 MONTHS OF WELLNESS: A week-by-week resolution planner

<http://bit.ly/H6G48Y>



### Planning and preparing healthy meals and snacks

Jennifer Silate.



### Saving dinner the low-carb way

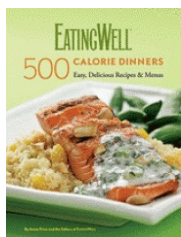
Leanne Ely.

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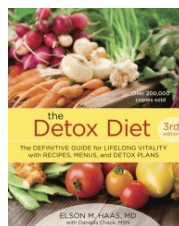
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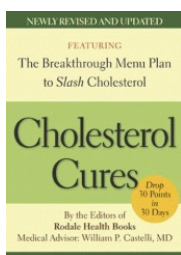
### EatingWell 500 calorie dinners

by Jessie Price, Nicci Micco & the EatingWell test kitchen ; [photographer, Ken Burris]. --



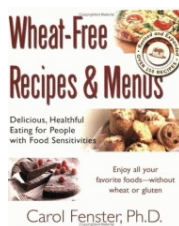
### The detox diet

Elson M. Haas, with Daniella Chace. --



### Cholesterol cures

by the editors of Rodale Health Books ; medical advisor, William P. Castelli. --



### Wheat-free recipes & menus

Carol Fenster.