I,, will beat diabetes in 30 days. Here's how:								
	Weigh-in	Exercise 30-60 min.	Drink 6-8 Glasses H ₂ O	Eat Nutritious, Lo-cal Food	Read Labels	Sat/Trans Fat	Red Meat	Junk Food
Day 1								
2	2							
3	3							
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6	6							
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12	2							
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