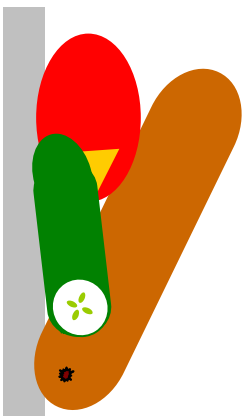




Print on business card stock. Take apart then put together.



A great meal for a
carb fast!



Jason cracks the eggs for Mom to scramble.

Why not add cheese or salami?

Eat with cucumber slices for a tasty carb free meal.

And no worries about how much insulin to take!