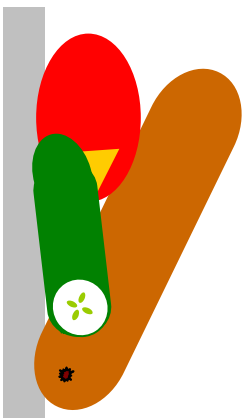
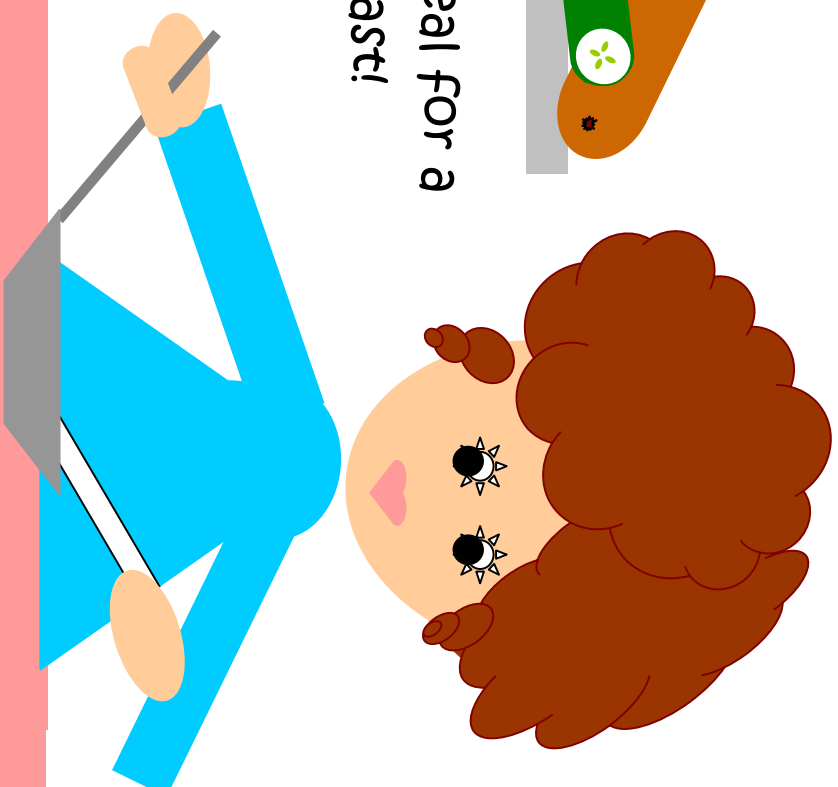




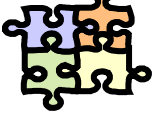
Print on business card stock. Take apart then put together.



A great meal for a
carb fast!



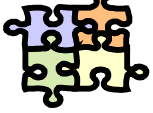
Jason cracks the eggs for Mom to scramble.
Why not add cheese or salami?
Eat with cucumber slices for a tasty carb free meal.
And no worries about how much insulin to take!



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



**Balance
your
exercise,
insulin
and diet.**



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

Check blood sugar **BEFORE** you exercise!

Check blood sugar **AFTER** you exercise!

