

# Every Grain Of Rice Simple Chinese Home Cooking Fuchsia Dunlop

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## 21 DAY PLANT-BASED MEAL PLAN - Diabetes Education Services

21 DAY PLANT-BASED MEAL PLAN . All items in RED have associated recipes . DAY 1 . Breakfast: Apple Cinnamon Oatmeal (make enough for Wednesday) Lunch: Couscous Confetti Salad (make enough for a side with tomorrow's dinner) and Carrot and Red