

When DIABETES Took the Wheel

— ILLUSTRATED CHECKLIST-GUIDE —

Practical
Steps.

Real-Life
Support.

Your Journey.
Your Pace.

KNOWLEDGE

TOOLS

HABITS

CONFIDENCE

Small
choices.
Big
change.
♡

You can't always
choose the road,
but you can choose
how you drive. ♡

Your Roadmap
to Thriving

- ☒  EAT WELL
- ☒  MOVE DAILY
- ☒  STAY HYDRATED
- ☒  MONITOR SMART
- ☒  MANAGE STRESS
- ☒  SLEEP RESTORATIVELY
- ☒  YOU'RE NOT ALONE

Progress, not perfection. ♡



EcoVolt Living Press!

When Diabetes Took the Wheel – Illustrated Checklist-Guide

A Simple, Beginner-Friendly Illustrated Guide with 8 Checklists & 10 Posters

EcoVolt Living

This book is available at

<https://leanpub.com/whendiabetestookthewheelillustratedchecklistguide>

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This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

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Getting Started

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Writing in Markua

Writing in Markua is easy! You can learn most of what you need to know with just a few examples.

To make *italic text* you surround it with single asterisks. To make **bold text** you surround it with double asterisks.

Section One

You can start new sections by starting a line with two # signs and a space, and then typing your section title.

Sub-Section One

You can start new sub-sections by starting a line with three # signs and a space, and then typing your sub-section title.

Including a Chapter in the Sample Book

At the top of this file, you will also see a line at the top:

```
1 {sample: true}
```

Leanpub has the ability to make a sample book, which interested readers can download or read online. If you add this line above a chapter heading, then when you publish your book, this chapter will be included in a separate sample book for these interested readers.

Links

You can add web links easily.

Here's a link to the [Leanpub homepage](#).

Images

You can add an image to your book in a similar way.

First, add the image to the “Resources” folder for your book. You will find the “Resources” folder under the “Manuscript” menu to the left.

If you look in your book’s “Resources” folder right now, you will see that there is an example image there with the file name “palm-trees.jpg”. Here’s how you can add this image to your book:



If you want to add a figure title, you put it in quotes:



Figure 1. Palm Trees

If you want to add descriptive alt text, which is good for accessibility, you put it between the square brackets:



Figure 2. Palm Trees

You can also set the alt text and/or the figure title in an attribute list:



Figure 3. Palm Trees

Finally, if no title is provided, and the `alt-title` document setting is the default of `all`, the alt text will be used as the figure title instead of as alt text.



Figure 4. Palm Trees

You can set the important document settings at Settings > Generation Settings.

Lists

Numbered Lists

You make a numbered list like this:

1. kale
2. carrot
3. ginger

Bulleted Lists

You make a bulleted list like this:

- kale

- carrot
- ginger

Definition Lists

You can even have definition lists!

term 1

definition 1a

definition 1b

term 2

definition 2

Page Breaks

We don't recommend that you manually break pages, since that is brittle and can lead to unexpected formatting if you edit text earlier in your chapter and forget about the manual page breaks. But if you really want to add a page break, you use the `{pagebreak}` directive on a line by itself, with blank lines above it and below it.

Code Samples

You can add code samples really easily. Code can be in separate files (a “local” resource) or in the manuscript itself (an “inline” resource).

Local Code Samples

Here’s a local code resource:

Figure 5. Hello World in Ruby

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

Inline Code Samples

Inline code samples can either be spans or figures.

A span looks like `puts "hello world"` this.

A figure looks like this:

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

You can also add a figure title using the title attribute:

Figure 6. Hello World in Ruby

```
1 require 'time'
2
3 # This is just some pointless code so you can see the syntax highlighting...
4 def display_info
5   pi = Math::PI.round(10)
6   time_last_year = (Time.now - 365 * 24 * 60 * 60).getlocal("-08:00")
7   formatted_time = time_last_year.strftime("%Y-%m-%d %H:%M:%S")
8   puts "Pi to 10 decimal places: #{pi}"
9   puts "The time 1 year ago in Pacific Time: #{formatted_time}"
10 end
```

Tables

You can insert tables easily inline, using the GitHub Flavored Markdown (GFM) table syntax:

Header 1	Header 2
Content 1	Content 2
Content 3	Content 4 Can be Different Length

Tables work best for numeric tabular data involving a small number of columns containing small numbers:

Central Bank	Rate
JPY	-0.10%
EUR	0.00%
USD	0.00%
CAD	0.25%

Definition lists are preferred to tables for most use cases, since reading a large table with many columns is terrible on phones and since typing text in a table quickly gets annoying.

Math

You can easily insert math equations inline using either spans or figures.

Here's one of the kinematic equations $d = v_i t + \frac{1}{2} a t^2$ inserted as a span inside a sentence.

Here's some math inserted as a figure.

$$\left| \sum_{i=1}^n a_i b_i \right| \leq \left(\sum_{i=1}^n a_i^2 \right)^{1/2} \left(\sum_{i=1}^n b_i^2 \right)^{1/2}$$

Figure 7. Something Involving Sums

Headings

Markua supports both of Markdown's heading styles.

The preferred style, called atx headers, has the following meaning in Markua:

```

1 {class: part}
2 # Part
3
4 This is a paragraph.
5
6 # Chapter
7
8 This is a paragraph.
9
10 ## Section
11
12 This is a paragraph.
13
14 ### Sub-section
15
16 This is a paragraph.
17
18 #### Sub-sub-section
19
20 This is a paragraph.
21
22 ##### Sub-sub-sub-section
23
```

```

24 This is a paragraph.
25
26 ##### Sub-sub-sub-sub-section
27
28 This is a paragraph.

```

Note the use of three backticks in the above example, to treat the Markua like inline code (instead of actually like headers).

The other style of headers, called Setext headers, has the following headings:

```

1 {class: part}
2 Part
3 ====
4
5 This is a paragraph.
6
7 Chapter
8 =====
9
10 This is a paragraph.
11
12 Section
13 -----
14
15 This is a paragraph.

```

Setext headers look nice, but only if you're only using chapters and sections. If you want to add sub-sections (or lower), you'll be using atx headers for at least some of your headers. My advice is to just use atx headers all the time. (The `{class: part}` attribute list on a chapter header to make a part header does actually work with Setext headers, but it's really ugly.)

Note that while it is confusing and ugly to mix and match using atx and Setext headers for chapters and sections in the same document, you can do it. However, please don't.

Block quotes, Asides and Blurbs

Block quotes are really easy too.

—Peter Armstrong, *Markua Spec*

Asides are useful for longer text.
But typing them like this isn't fun.

Asides can be written this way, since adding a bunch of A> stuff at the beginning of each line can get annoying with longer asides.

Blurbs are useful

Blurbs are useful

There are many types of blurbs, which will be familiar to you if you've ever read a computer programming book.



This is a discussion.

You can also specify them this way:



This is a discussion



This is an error.



This is information.



This is a question. (Not a question in a Markua course; those are done differently!)



This is a tip.



This is a warning.



This is an exercise. (Not an exercise in a Markua course; those are done differently!)

Good luck, have fun!

If you've read this far, you're definitely the right type of person to be here!

Our last piece of advice is simple: once you have a couple chapters completed, publish your book in-progress!

This approach is called Lean Publishing. It's why Leanpub is called Leanpub.

If you want to learn more about Lean Publishing, read [this](#) or watch [this](#).

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 **IMAGE COVER – 11 OF 11**

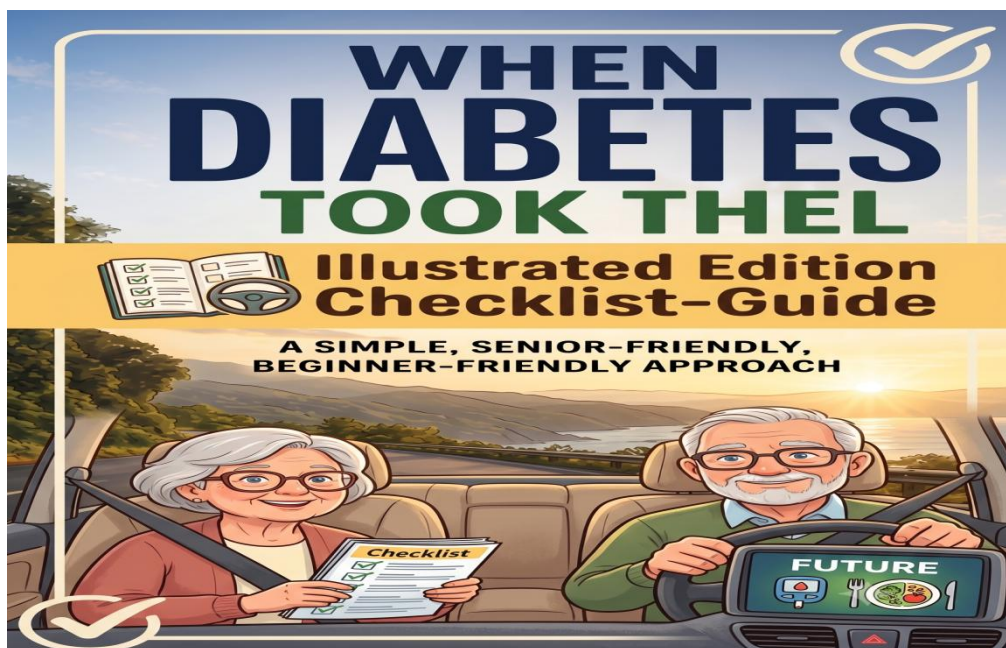
Book Cover: When Diabetes Took the Wheel

Two seniors driving along a scenic coastal road at sunset · 'FUTURE' on dashboard

[Insert illustration here – full-width, centered]

WHEN DIABETES TOOK THE WHEEL

Illustrated Edition – Checklist-Guide



A Simple, Senior-Friendly, Beginner-Friendly Approach

📋 8 Easy Checklists · 10 Full Illustrations · 8 Key Insight Cards

Groceries · Pantry · Snacks · Meals · Hydration · Shopping · Kitchen · Balanced Plate

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Not Medical Advice

This guide is a simple lifestyle, grocery, and daily habits checklist-guide. It is designed for everyday clarity and practical support – not clinical instruction. Nothing in this guide replaces the guidance of your doctor, dietitian, or healthcare team. **Always Consult Your Healthcare Team**

Before making significant changes to your diet, exercise routine, or daily habits, please speak with your doctor or a registered dietitian. Every person's health situation is different, and your team can provide personalised guidance that this guide cannot. **Copyright Notice**

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Introduction

IMAGE INTRO

Steering Wheel with Heart – You're in Control

You're in Control. Confident. Capable. Supported. Every turn, your way.

[Insert illustration here – full-width, centered]

This is a simple lifestyle, grocery, and daily habits checklist-guide, built to support you with clarity and confidence – one small step at a time. This guide is not medical advice. It is designed for everyday clarity, not clinical instruction. Nothing here replaces the guidance of your doctor, dietitian, or

healthcare team. What you’ll find inside: eight easy, senior-friendly checklists covering groceries, pantry staples, snacks, meal planning, hydration, shopping tips, kitchen setup, and balanced meals – plus ten fully illustrated pages built right into the guide, so you can see each idea at a glance. Everything here is simple on purpose. No jargon, no complicated rules – just clear, supportive steps you can use today.

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1 Checklist 1 – Smart Grocery Basics

6 Building Blocks for a Healthy, Balanced Diet

6 Building Blocks for a Healthy, Balanced Diet

1 Vegetables



Fill your plate with color and variety.

2 Fruits



Choose fresh, frozen, or canned in juice.

3 Whole Grains



Choose whole grains for lasting energy.

4 Lean Proteins



Vary your proteins for strength and health.

5 Dairy & Alternatives



Support bone health with calcium-rich choices.

6 Healthy Fats



Choose heart-healthy fats in moderation.

Your grocery cart is where healthy habits begin. These six building blocks will help you shop with confidence and fill your plate with foods that support your health.

- Make a simple shopping list before you leave home.
- Shop the outer edges of the store first – that’s often where fresh food lives.

- Choose whole fruits and vegetables when you can.
- Look for whole grains on the label: oats, brown rice, whole wheat.
- Pick lean proteins: beans, eggs, poultry, fish, or tofu.
- Read labels for added sugar, not just 'sugar-free' claims.
- Choose water or unsweetened drinks most of the time.
- Don't shop hungry – a small snack before you go can help.

There's no need to get everything right at once. Pick two or three items from this list to start with today.

□ **KEY INSIGHT**

Small, steady choices at the grocery store add up to real, lasting change over time.

IMAGE 1 OF 11

6 Building Blocks for a Healthy, Balanced Diet

Vegetables · Fruits · Whole Grains · Lean Proteins · Dairy & Alternatives · Healthy Fats

[Insert illustration here – full-width, centered]

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POSTER 1 OF 10 · ILLUSTRATED GUIDE

Smart Grocery Categories – Your Simple Shopping Map

Six simple categories to guide every grocery trip.

POSTER 1 OF 10 · ILLUSTRATED GUIDE

Smart Grocery Categories – Your Simple Shopping Map

Six simple categories to guide every grocery trip.

[Insert full-page illustration poster here – full-width, centered]

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2 Checklist 2 – Pantry Staples

9 Healthy Items to Always Keep on Hand



A well-stocked pantry makes every meal easier and healthier. Keep these nine staples within reach and you'll always have a great meal within reach too.

- Oats – a hearty, filling breakfast that supports steady energy.
- Brown rice – a whole grain base for bowls, sides, and stir-fries.
- Canned beans – an easy, affordable protein and fibre source.
- Olive oil – a heart-healthy fat for cooking and dressing.
- Nuts & seeds – great for snacking, topping, and texture.
- Canned vegetables – convenient and just as nutritious as fresh.
- Whole wheat pasta – a satisfying whole grain option for dinner.

- Plant-based milk (unsweetened) – a calcium-rich dairy alternative.
- Dried fruit – a portable, natural-sweetness snack (in small amounts).

□ KEY INSIGHT

A stocked pantry is your best defence against reaching for less healthy convenience foods.

IMAGE 2 OF 11

9 Healthy Pantry Staples – Illustrated Guide

Oats · Brown Rice · Canned Beans · Olive Oil · Nuts & Seeds · Canned Vegetables · Whole Wheat Pasta · Plant-Based Milk ·

Dried Fruit

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POSTER 2 OF 10 · ILLUSTRATED GUIDE

Pantry Staples at a Glance

Stock these nine items and you'll always have a healthy meal within reach.

POSTER 2 OF 10 · ILLUSTRATED GUIDE

Pantry Staples at a Glance

Stock these nine items and you'll always have a healthy meal within reach.

[Insert full-page illustration poster here – full-width, centered]

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3 Checklist 3 – Healthy Snack Swaps

Small Changes, Better Choices



Snacking doesn't have to work against your health. Simple swaps let you enjoy food you love while making choices that support your body and blood sugar.

- Swap chips □ for a small handful of nuts or seeds.
- Swap soda □ for sparkling water with a slice of lemon or fruit.
- Swap candy □ for a piece of fresh fruit or a few dates.
- Swap white bread □ for whole grain or sprouted grain bread.
- Swap sweetened yogurt □ for plain yogurt with fresh berries.
- Keep cut vegetables ready in the fridge for easy grab-and-go snacks.

- Choose snacks with protein + fibre to help keep blood sugar steady.
- Read snack labels and aim for less than 5g of added sugar per serving.

□ **KEY INSIGHT**

Better choices today build a healthier you tomorrow – one snack at a time.

IMAGE 3 OF 11

Healthy Snack Swaps – Instead Of □ Better Swap

Chips □ Nuts · Soda □ Sparkling Water · Candy □ Fresh Fruit · White Bread □ Whole Grain · Sweetened Yogurt □ Plain

Yogurt + Berries

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POSTER 3 OF 10 · ILLUSTRATED GUIDE

Healthy Snack Swaps – Your Quick Reference

Small swaps, better choices. Better choices, a healthier you.

POSTER 3 OF 10 · ILLUSTRATED GUIDE

Healthy Snack Swaps – Your Quick Reference

Small swaps, better choices. Better choices, a healthier you.

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4 Checklist 4 – Simple Meal Planning

5 Steps to Better Meals Every Day



Meal planning doesn't need to be complicated. Five simple steps can help you eat better, waste less food, and feel more in control of what goes on your plate.

- Plan – Choose 3–4 simple recipes for the week ahead.
- Shop – Buy only what you need and stick to your list.
- Prep – Wash, chop, and measure ingredients in advance.
- Cook – Follow each step and enjoy the process.
- Enjoy – Sit down, savour your meal, and share the moment.
- Batch cook – prepare extra portions and refrigerate for later in the week.

- Keep portions balanced: ½ plate vegetables, ¼ protein, ¼ whole grains.
- Plan at least one meatless meal each week for variety and fibre.

□ **KEY INSIGHT**

Simple steps. Better meals. Every day. You don't need a perfect plan – just a starting point.

 IMAGE 4 OF 11

5 Steps to Better Meals – Plan · Shop · Prep · Cook · Enjoy

Step 1: Plan your meals. Step 2: Shop your list. Step 3: Prep ingredients. Step 4: Cook with care. Step 5: Sit, savour, and enjoy.

[Insert illustration here – full-width, centered]

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POSTER 4 OF 10 · ILLUSTRATED GUIDE

Simple Meal Planning – 5 Steps at a Glance

Plan. Shop. Prep. Cook. Enjoy. Simple steps make great meals.

 POSTER 4 OF 10 · ILLUSTRATED GUIDE

Simple Meal Planning – 5 Steps at a Glance

Plan. Shop. Prep. Cook. Enjoy. Simple steps make great meals.

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5 Checklist 5 – Daily Hydration Habits

Small Sips Throughout the Day Add Up to Big Benefits



Staying hydrated is one of the easiest things you can do for your health. You don't have to drink a huge amount at once – steady, small sips throughout the day are all it takes.

- Drink water regularly – don't wait until you feel thirsty.
- Keep a water bottle or glass within easy reach at all times.
- Start each morning with a glass of water before anything else.
- Eat your water – fruits, soups, and vegetables all count toward hydration.
- Try herbal tea as a warm, calorie-free alternative to plain water.
- Add a slice of lemon, cucumber, or mint to make water more enjoyable.
- Limit sugary drinks, fruit juice, and sweetened beverages.
- Check with your doctor about the right daily amount for your needs.

□ KEY INSIGHT

A little water. A lot of care. Small daily habits add up to big long-term benefits.

IMAGE 5 OF 11

Daily Hydration – Habits & Tips Illustrated Guide *Make it a habit · Keep it close · Eat your water · Variety is good*

[Insert illustration here – full-width, centered]

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POSTER 5 OF 10 · ILLUSTRATED GUIDE**Hydration Habits – Your Daily Water Guide**

Hydration helps you feel your best. Small sips throughout the day add up to big benefits.

 POSTER 5 OF 10 · ILLUSTRATED GUIDE**Hydration Habits – Your Daily Water Guide**

Hydration helps you feel your best. Small sips throughout the day add up to big benefits.

[Insert full-page illustration poster here – full-width, centered]

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6 Checklist 6 – Senior-Friendly Shopping Tips

Simple Tips for a Safe, Easy, and Enjoyable Shopping Trip

Hydration helps you *feel your best.*



Small sips throughout the day add up to big benefits.

Simple daily habits



Make it a habit

Drink water regularly—don't wait until you're thirsty.



Keep it close

Keep a water bottle within easy reach.



Eat your water

Fruits and soups can help keep you hydrated.



Variety is good

Water, herbal tea, and other low-sugar drinks all count.



A little water. A lot of care.
You're doing great!



 Check with your doctor about the right amount for you.

Grocery shopping can be a pleasure when you have the right tools and approach. These tips are designed to make every trip safer, easier, and more enjoyable.

- Use a written list – make your list before you go and check items off as you shop.

- Read labels – check nutrition facts, ingredients, and dates on every item.

- Choose fresh produce – pick fruits and vegetables that look colorful and firm.

- Ask for help – don't hesitate to ask store staff for assistance at any time.

- Take your time – there's no rush. Take breaks if you need to.

- Shop when you're rested – go when you feel your best: fed, rested, and ready.

- Use a cart for support – a shopping cart can help with balance and carrying items.

- Your health and safety always come first. Happy shopping!

□ **KEY INSIGHT**

Shopping confidently is a skill. The more often you use these tips, the easier it becomes.

IMAGE 6 OF 11

Senior-Friendly Shopping Checklist – 6 Simple Tips

Use a written list · Read labels · Choose fresh produce · Ask for help · Take your time · Shop when rested

[Insert illustration here – full-width, centered]

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POSTER 6 OF 10 · ILLUSTRATED GUIDE

Senior-Friendly Shopping – Quick Reference Poster

Simple tips for a safe, easy, and enjoyable shopping trip. Your health and safety come first.

POSTER 6 OF 10 · ILLUSTRATED GUIDE

Senior-Friendly Shopping – Quick Reference Poster

Simple tips for a safe, easy, and enjoyable shopping trip. Your health and safety come first.

[Insert full-page illustration poster here – full-width, centered]

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7 Checklist 7 – Kitchen Setup for Success

The Three-Zone Kitchen Setup



SENIOR-FRIENDLY SHOPPING CHECKLIST

➤ Simple tips for a safe, easy, and enjoyable shopping trip. ➤



- 1

Use a written list
Make a list before you go and check items off as you shop.





- 2

Read labels
Check nutrition facts, ingredients, and dates. Choose options that are better for you.





- 3

Choose fresh produce
Pick fruits and vegetables that are colorful, firm, and look their best.





- 4

Ask for help
Don't hesitate to ask store staff for help finding items or reaching something on a high shelf.





- 5

Take your time
There's no rush. Take breaks if you need to and enjoy the experience.





- 6

Shop when you're rested
Go at a time of day when you feel your best—rested, fed, and ready to shop.



 Your health and safety come first. *Happy shopping!*



A well-organized kitchen saves steps, time, and energy – so you can focus on what matters most: cooking and enjoying your meals.

□ Fridge Zone – keep fresh produce at eye level so healthy choices are always visible.

□ Store leftovers in clear containers so you always know what's available.

□ Pantry Zone – store grains and staples in clear, labeled containers.

□ Keep healthy staples (oats, rice, lentils) at the front of shelves.

□ Prep Zone – clear your counter space and keep key tools within reach.

□ Keep a cutting board, knife, and mixing bowl on the counter for easy use.

□ Organize your kitchen to match how you naturally move and cook.

□ A tidy kitchen invites healthy cooking – clear one small area to start.

□ **KEY INSIGHT**

A well-organized kitchen saves steps, time, and energy – so you can focus on what matters most.

IMAGE 7 OF 11

The Three-Zone Kitchen Setup – Fridge · Pantry · Prep

Fridge Zone: Produce at eye level · Pantry Zone: Labeled grains and staples · Prep Zone: Clear counter, tools within reach

[Insert illustration here – full-width, centered]

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POSTER 7 OF 10 · ILLUSTRATED GUIDE

Three-Zone Kitchen Setup – Your Organization Guide

Fridge. Pantry. Prep. Three simple zones for a kitchen that works for you.

POSTER 7 OF 10 · ILLUSTRATED GUIDE

Three-Zone Kitchen Setup – Your Organization Guide

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8 Checklist 8 – Balanced Plate & Weekly Meal Planning

Healthy Plate, Healthy You – A Simple Guide to Balanced Meals



Building a balanced plate is simpler than it sounds. Use these guidelines every day and you'll naturally eat more of what supports your health.

- Fill ½ your plate with colorful vegetables at every meal.
- Fill ¼ your plate with lean protein: chicken, fish, beans, or tofu.
- Fill ¼ your plate with whole grains: brown rice, quinoa, oats, or whole grain bread.
- Drink water throughout the meal – not sugary drinks or juice.
- Use the Weekly Grocery Planner to map out meals for each day.
- Plan vegetables, fruits, whole grains, and proteins for every day of the week.
- Prepare your planner on Sunday evening for the week ahead.
- Small choices, big difference – balanced meals support your health every single day.

□ KEY INSIGHT

Small choices, big difference. A balanced plate every day is one of the most powerful health habits you can build.

IMAGE 8 OF 11

Healthy Plate Guide – ½ Vegetables · ¼ Protein · ¼ Whole Grains

Half plate: colorful vegetables. Quarter: lean protein. Quarter: whole grains. Plus water throughout.

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Healthy Plate – Your Balanced Meal Visual Guide

½ Vegetables · ¼ Lean Protein · ¼ Whole Grains · Water. Small choices, big difference.

POSTER 8 OF 10 · ILLUSTRATED GUIDE

Healthy Plate – Your Balanced Meal Visual Guide

½ Vegetables · ¼ Lean Protein · ¼ Whole Grains · Water. Small choices, big difference.

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POSTER 9 OF 10 · ILLUSTRATED GUIDE

Weekly Grocery Planner



Plan Healthy. Eat Well. Feel Your Best.

 **IMAGE 9 OF 11**

Weekly Grocery Planner

Weekly Grocery Planner – Mon to Sun · Vegetables, Fruits, Whole Grains, Proteins

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POSTER 10 OF 10 · ILLUSTRATED GUIDE

You’re in Control



Confident. Capable. Supported. Every turn, your way.

 **IMAGE 10 OF 11**

You're in Control

Steering wheel with heart · Scenic hills · Empowerment illustration

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When Diabetes Took the Wheel

Illustrated Edition – Checklist-Guide

Build. Live. Teach. Repeat.

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