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Using Convenience Foods**

By Betty Wedman-St. Louis

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Betty Wedman-St. Louis is the author of Diabetes Meals on the Run published (2002), Fast and Simple Diabetes Menus Betty Wedman-St. Louis s
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Diabetes Meals on the Run: Fast, Healthy Menus Using Convenience Foods, Betty Wedman-St. Louis, McGraw Hill Professional, 2002, 0809297884, 9780809297887, 208 pages.

Jul 30, 2015 SlimFast does make a low carb version which I have found in Chocolate and Vanilla. Atkins makes a low carb shake which comes in Chocolate, Vanilla, and

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Diabetes Meals On The Run: Fast, Healthy Menus Using Convenience Foods Betty Wedman-St. Louis, is a former president of the American Association of Diabetes

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