

Thanks for the journey!

Congratulations! You've completed your 8-week journey with **DIABETIC DIET AFTER 60 FOR BEGINNERS**.

But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal. Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.

If you want to:

- Stay up to date with new books and meal plans,
- Get access to additional catalogs of alternative dishes,
- Support the author and help other readers find this book — Subscribe to the author's page on Amazon and leave a review. Your feedback helps the project grow and inspires new readers.

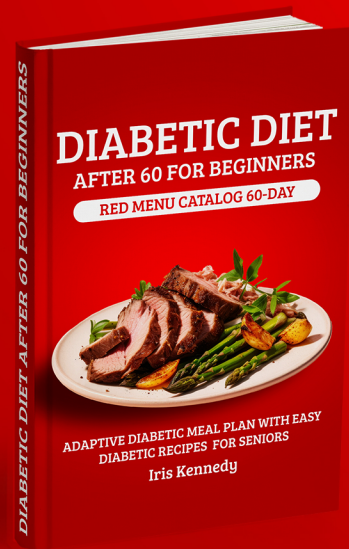
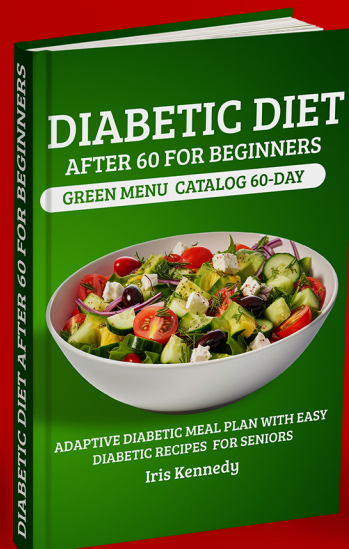
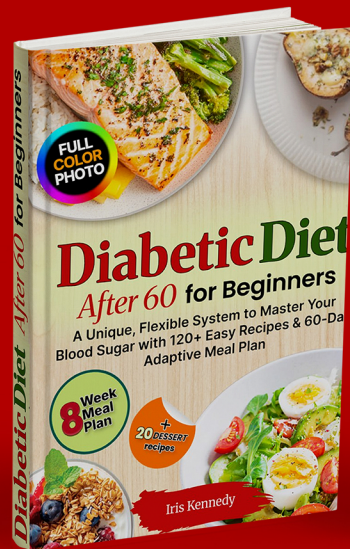
Scan the QR code below to:

- Visit the author's page
- Leave a review for the book
- Discover all additional editions and future releases

How to find new releases:

- Search for Iris Kennedy on Amazon
- Or click the author's name on any of her books to view the full collection Thank you for choosing mindful eating with us. See you in the next book!

— Iris Kennedy



DIABETIC DIET

AFTER 60 FOR BEGINNERS

RED MENU CATALOG 60-DAY



**ADAPTIVE DIABETIC MEAL PLAN WITH EASY
DIABETIC RECIPES FOR SENIORS**

Iris Kennedy