

# October

## 2022

AdventistVegetarianDiabetics.com

## Unprocessed Foods Month Vegetarian Challenge

If you are already eating totally unprocessed foods, explore new recipes that will enhance your chosen dietary lifestyle and approach to managing your diabetes.

<https://adventistvegetariandiabetics.com/other-resources/challenges/october/unprocessed-food-challenge/>

Whether or not you are vegetarian, in the month of October, try this challenge all month or just for one day or one week.

<https://adventistvegetariandiabetics.com/other-resources/challenges/october/vegetarian-challenge/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Get and read a copy of our classic publication, <i>Adventist Vegetarian Diabetics</i> ™ <a href="https://www.amazon.com/Adventist-Vegetarian-Diabetics-Prove-things/dp/B09251YBX1/">https://www.amazon.com/Adventist-Vegetarian-Diabetics-Prove-things/dp/B09251YBX1/</a> Read FREE with KindleUnlimited				