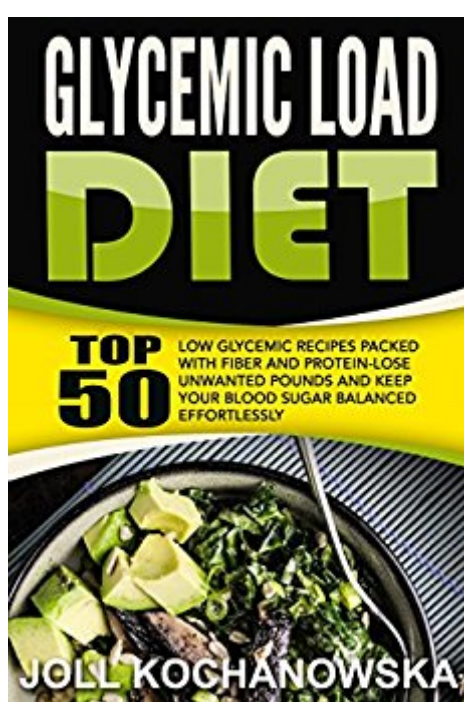


The book was found

Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly



Synopsis

Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly

Want to eat near enough to what you like and still lose around a stone in 4 weeks? The big one is of course that this isn't a crash diet and so weight loss should be steady, healthy and best of all "long lasting. That's if you stick to it of course

The Low-GL diet works with your body, not against it, and as a result you'll have much more energy, your mood and concentration will improve and your skin will become clearer. If you can't eat a wide variety of foods or you have to actively avoid a whole food group, a diet starts to feel boring very fast, and you'll have a miserable time sticking to it. If a diet leaves you feeling famished, you won't stick to it. From day one it must satisfy your appetite. The Low-GL diet specifically recommends meals that are scientifically proven, not only to satisfy your appetite but to also end your cravings.

This book will show you how the glycemic load diet works and how it can help you achieve not just weight loss and healthy blood sugar levels, but also treat high blood pressure and reduce your risk of developing colon cancer. You will also gain access to a collection of over 50 recipes that will help you with your lifestyle change.

Here Is A Preview Of What You'll Learn...

- A. Low-GI Foods
- B. Medium-GI Foods
- C. High- GI Foods

Cottage Cheese Pancakes with Fresh Strawberries
Barley Bread
Hot Vegetable and Wild Rice Bowl
Zucchini Pasta with Oregano and Garbanzo Bean Sauce
Red Snapper with Lemon and Orange Glaze
Black Bean Cheese Tortillas
Broiled Honey Mustard Tuna Steaks
Tender Chicken with Mushrooms in Tomato Sauce
Easy Turkey and Black Bean Chili
Slow-cooked Beef with Red Wine Sauce
Cabbage and Cauliflower Soup
Savory Tender Kale and Collard Greens

Much, much more!

Download your copy today! Try it now, click the "buy" button and buy Risk-Free

Book Information

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Customer Reviews

Informative. Insightful and have clear info. For not so health conscious person, I find this book easy to understand that does not complicate things. In the first few pages I did learn some valuable information. Here's a thought I mostly learned while reading this book: You would much rather spend money on good food than on medication. It's challenging to strictly follow. The 50 Low GI recipes was very helpful especially for people who are ready for the challenge. The recipes are super easy to prepare and consists of ingredients you can easily find in the grocery store/local market.

The book really worked wonders for my diabetic mother, good recipes and healthy tips; guaranteed for running enthusiasts. The recipes are light and rich in fiber and really made me feel lighter. The veggies, for sure will cleanse your digestive tracks. My mother was very pleased when I got her this book; she is using her insulin shots occasionally when she started practicing these recipes. This is the next generation of therapeutic food. The recipes are so well balanced, still protein rich for those who include a little weight lifting with their exercises. I can consider this one of the healthiest cook books for diabetics. Thanks to the author!

This is a very good cookbook for all the diabetic people out there. Joll did a fantastic job on creating a very informative book that has a lot of low glycemic recipes, the cooking procedures are very easy to understand. If youâ™re a diabetic person or one of your friends or loves one is diabetic, buy this book! It has a lot of useful information that can help you fight diabetes by keeping your blood sugar low.

This book puts everything you need to know in a compact easy read format so that you can begin losing weight immediately. I recommend this to anyone wishing to lose weight in a healthy yet

speedy manner. The plus comes in the way a person feels. You have more energy right away. A feeling of well being comes within a few days so that it is very easy to stay with the plan.

I've been all over the "Diet" books recently, i think you can say i'm sort of addicted, i enjoy reading these kinds of books because of all the tips and tricks i can use in my life. I tend to eat unhealthy food and in the end that won't be good for me, so discovering these books has helped me a lose a little bit of weight at a nice pace. Plus every single recipe in this book is Delicious!

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