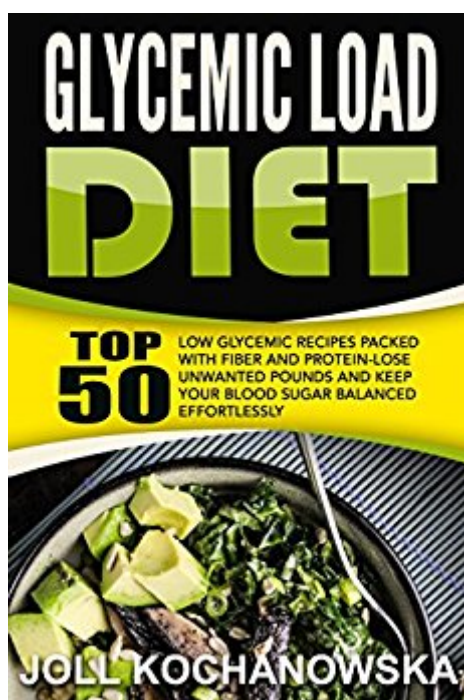


The book was found

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!

I have a few family and friends that suffer w diabetes. This book was interesting and informative. The recipes look delicious! I can't wait to try the black bean and cheese tortillas! I'm glad I had a chance to learn about glycemic load, and that it is more of an accurate measure than the clycemic index. If you or someone you know has diabetes, this is a great cookbook to check out!

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!

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. 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. This book had showed me how Glycemic Load Diet works with a lot of recipes to choose from.

Thought I was getting more from this book. Disappointing!!

nice book

I am glad this was free for me. Nothing new here. It would have been a waste of my money. It should be named as a GI book not GL. I will not recommend it to any one who wants more info on Glycemic Load eating.

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Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking)
CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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