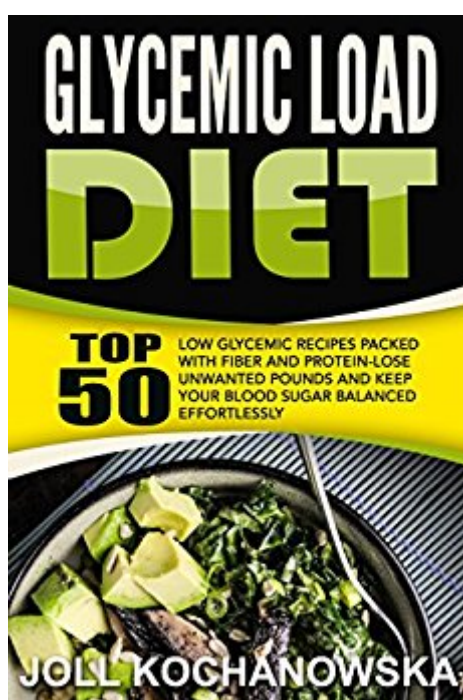


The book was found

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 EffortlesslyWant 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 isnâ™t a crash diet and so weight loss should be steady, healthy and best of all â“ long lasting. Thatâ™s if you stick to it of courseThe Low-GL diet works with your body, not against it, and as a result youâ™ll have much more energy, your mood and concentration will improve and your skin will become clearer. If you canâ™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 youâ™ll have a miserable time sticking to it. If a diet leaves you feeling famished, you wonâ™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 FoodsB. Medium-GI FoodsC. High- GI FoodsCottage Cheese Pancakes with Fresh StrawberriesBarley BreadHot Vegetable and Wild Rice BowlZucchini Pasta with Oregano and Garbanzo Bean SauceRed Snapper with Lemon and Orange GlazeBlack Bean Cheese TortillasBroiled Honey Mustard Tuna SteaksTender Chicken with Mushrooms in Tomato SauceEasy Turkey and Black Bean ChiliSlow-cooked Beef with Red Wine SauceCabbage and Cauliflower SoupSavory Tender Kale and Collard GreensMuch, much more!Download your copy today!Try it now, click the "buy" button and buy Risk-Free

Book Information

File Size: 1856 KB

Print Length: 118 pages

Page Numbers Source ISBN: 1519788142

Simultaneous Device Usage: Unlimited

Publication Date: December 9, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0196FZH9S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #601,458 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #274 inÂ Kindle Store > Kindle eBooks >

Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #535 inÂ Books > Health,

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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 then 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)

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