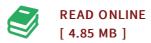




Low-GI Cookbook: Over 80 Delicious Recipes to Help You Lose Weight and Gain Health

By Louise Blair

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Low-GI Cookbook: Over 80 Delicious Recipes to Help You Lose Weight and Gain Health, Louise Blair, Eating a low-GI diet is the ultimate way to high energy levels, permanent weight loss and great health. This practical book offers 80 mouthwatering recipes for every occasion, from quick-fix lunches such as Poached Eggs with Lentils & Rocket to delectable dinners including Baked Sweet Potato with Griddled Herb Chicken. There's no need to miss out on pudding either, with low-GI recipes for sweet treats such as Blackberry & Apple Tartlets and Fruity Bread & Butter Pudding. Together with expert information on how the glycaemic index works and why low-GI foods are so good for you, with The Low-GI Cookbook you'll find living the low-GI life is easy.



Reviews

This ebook is fantastic. It is actually writter in straightforward terms rather than hard to understand. Its been designed in an extremely straightforward way and it is merely soon after i finished reading through this ebook through which in fact modified me, alter the way i really believe.

-- Justice Wilderman

I just started out reading this ebook. It is rally exciting through reading through time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Leonie Collins