



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

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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.



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