



**The Everything Low-Glycemic Cookbook:  
Includes Apple Oatmeal Breakfast Bars, Parmesan  
Artichoke Dip, Creamy Cauliflower Soup,  
Mushroom Pork Medallions, ... Biscotti ...and  
hundreds more! (Everything®)**

*Carrie S. Forbes*

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## **An easy-to-follow plan for healthy weight loss!**

If you're tired of sugar-free this and low-carb that, constantly restricting your diet to lose weight and stay healthy, *The Everything Low-Glycemic Cookbook* is the perfect choice for you! According to experts, switching to a low-glycemic index (GI) diet is the key to losing weight--and keeping it off. The GI diet isn't a low-fat diet; you won't find calorie counting or reduced portion sizes. In fact, following the low-GI diet just means eating more low-glycemic foods and avoiding others that have a high GI number.

Popular food blogger Carrie Forbes has compiled 300 low-GI meals that are as tasty as they are healthy, including:

- Strawberry-banana pancakes
- Spicy cilantro dip
- Butternut squash soup
- Poached chicken with pears and herbs
- Country-style pork ribs
- Easy vegetarian lasagna with spinach
- Grilled lemon-and-dill swordfish steaks
- Peanut butter-chocolate chip cupcakes

Armed with glycemic index values of common foods and hundreds of recipes for satisfying, delicious dishes, you'll have all you need to lose weight and eat well--every meal of the day!



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**Stephen Hancock:**

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled The Everything Low-Glycemic Cookbook: Includes Apple Oatmeal Breakfast Bars, Parmesan Artichoke Dip, Creamy Cauliflower Soup, Mushroom Pork Medallions, ... Biscotti ...and hundreds more! (Everything®) can be good book to read. May be it might be best activity to you.

**Ilene Bixler:**

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**Douglas Johnson:**

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