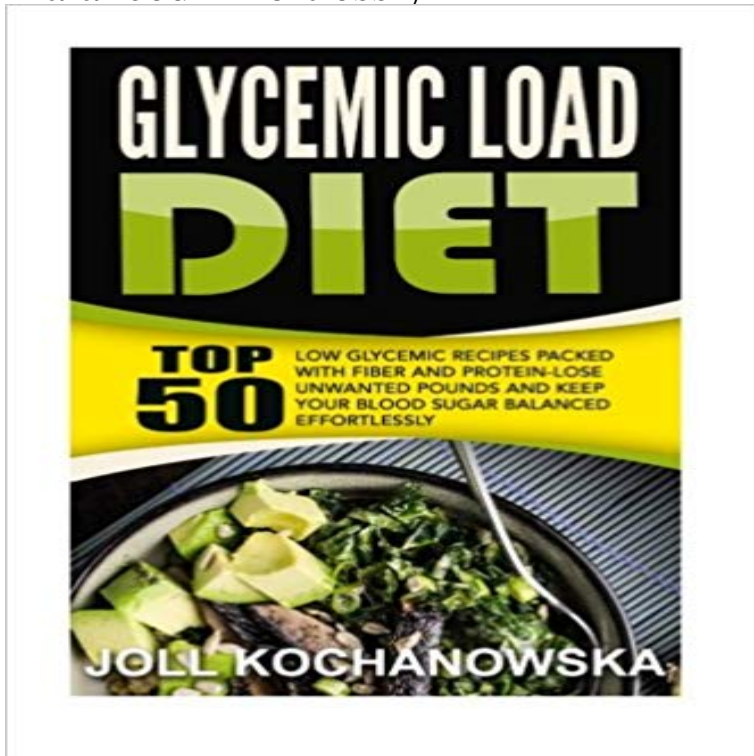


# Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly



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 isnt a crash diet and so weight loss should be steady, healthy and best of all long lasting. Thats if you stick to it of course The Low-GL diet works with your body, not against it, and as a result youll have much more energy, your mood and concentration will improve and your skin will become clearer. If you cant 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 youll have a miserable time sticking to it. If a diet leaves you feeling famished, you wont 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 Youll 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,

