



Glycemic Index Cookbook For Dummies

By Meri Raffetto, Rosanne Rust

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Glycemic Index Cookbook For Dummies, Meri Raffetto, Rosanne Rust, Keep a low GI diet with delicious and simple recipesUsing the glycemic index is not only a proven method of losing and maintaining weight safely and quickly, it's also an effective way to prevent the most common diseases of affluence, such as coronary heart disease, diabetes, and obesity. Now you can easily whip up meals at home that will help you shed unwanted pounds and stay healthy with the Glycemic Index Cookbook For Dummies. * 150 delicious and simple recipes with a glycemic index and glycemic load rating level for each * Includes breakfast, lunch, dinner, on-the-go, vegetarian, and kid-friendly recipes * Full-color insert showcases many of the book's recipesIf you're one of the millions of people looking for a safe, effective, and easy-tofollow diet with proven results, Glycemic Index Cookbook For Dummies has all of the information and recipes that will get you well on the way to a healthier you.



Reviews

This sort of pdf is everything and made me hunting forward and a lot more. It is packed with knowledge and wisdom I am just happy to inform you that this is the greatest ebook i have study within my own existence and might be he very best ebook for actually.

-- Celestino Blanda

These kinds of book is every thing and helped me hunting forward plus more. It is probably the most remarkable book we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Everett Stanton

Relevant eBooks



The Mystery in Chocolate Town: Hershey, Pennsylvania

Gallopade International. Paperback. Book Condition: New. Paperback. 145 pages. Dimensions: 7.4in. x 5.2in. x 0.4in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Mystery on the Oregon Trail Real Kids, Real Places

Gallopade International. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 7.5in. x 5.3in. x 0.5in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Mystery in the Smoky Mountains Real Kids, Real Places

Gallopade International. Paperback. Book Condition: New. Paperback. 158 pages. Dimensions: 7.3in. x 5.2in. x 0.4in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Mystery in Las Vegas Real Kids, Real Places

Gallopade International. Paperback. Book Condition: New. Paperback. 145 pages. Dimensions: 7.4in. x 5.2in. x 0.5in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Mystery at Mount Vernon Real Kids, Real Places

Gallopade International. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 7.3in. x 5.2in. x 0.5in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Mystery in Icy Antarctica The Frozen Continent Around the World in 80 Mysteries

Gallopade International. Paperback. Book Condition: New. Paperback. 133 pages. Dimensions: 7.3in. x 5.2in. x 0.3in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...