



The Gi Diet Shopping and Eating Out Pocket Guide

By Rick Gallop

Paperback. Book Condition: New. Not Signed; The must have companion to Rick Gallop's bestselling The Gi Diet and Living the Gi Diet has now been completely revised and updated to make shopping and eating out the Gi Diet way even easier. Comprehensive Gi food listings are neatly organised by supermarket aisle and sorted into Rick Gallop's familiar, easy-to-use, unique GI red, amber and green lists - so you can make informed choices as you fill your basket. And with invaluable section on eating out - both at lunchtime and in the evening, whether your choice is fast food, take-away or Italian, Indian, Greek or Chinese - you can enjoy life without compromising your diet. Packed with sound advice that you would expect from Rick Gallop's internationally bestselling and critically acclaimed GI Diet series, The Gi Diet: Shopping and Eating Out Pocket Guide fits neatly into your bag and your life. book.



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