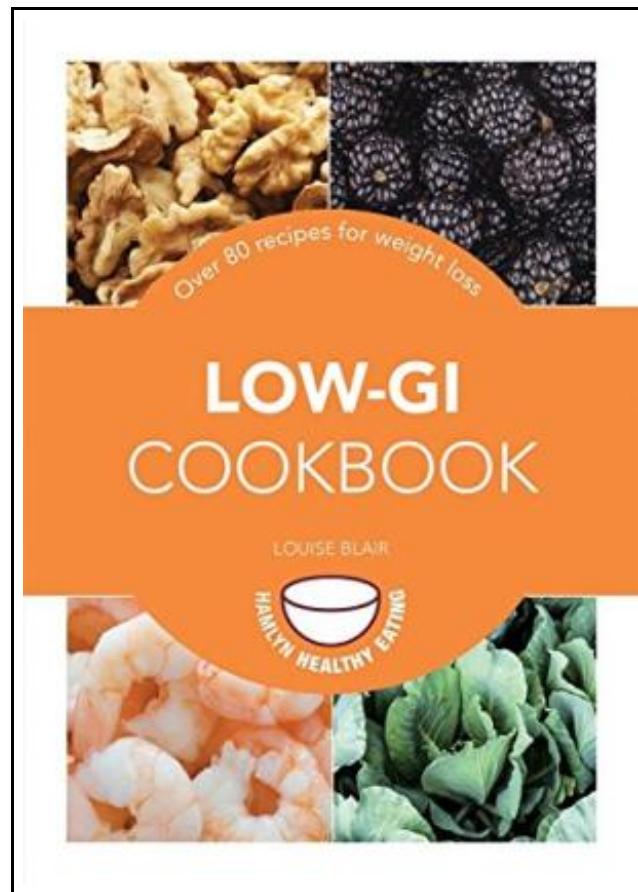


Low-GI Cookbook: 83 Recipes for Weight Loss (Paperback)



Filesize: 7.26 MB

Reviews

It is one of my personal favorite pdf. This really is for all those who state there was not a really worth looking at. I realized this book from my dad and I encouraged this pdf to understand.
(Katlynn Haag)

LOW-GI COOKBOOK: 83 RECIPES FOR WEIGHT LOSS (PAPERBACK)**DOWNLOAD**

Hamlyn (UK), United States, 2015. Paperback. Book Condition: New. 208 x 148 mm. Language: English . Brand New Book. The Low-GI Cookbook provides over 80 delicious, healthy low-GI recipes, allowing you to enjoy the many health rewards a low-GI diet can bring without having to compromise on the taste or variety of your meals. 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. Louise Blair is a home economist and food stylist, specializing in healthy recipes. She was a consultant for Diabetes UK and is the author of a number of books including Quick Cooking for Diabetes and Great Gluten-Free Baking, both published by Hamlyn.

[Read Low-GI Cookbook: 83 Recipes for Weight Loss \(Paperback\) Online](#)[Download PDF Low-GI Cookbook: 83 Recipes for Weight Loss \(Paperback\)](#)

You May Also Like



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling...

[Read ePub »](#)



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: Win a Nut! (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Alex Brychta (illustrator). 176 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling...

[Read ePub »](#)



Oxford Reading Tree Treetops Time Chronicles: Level 13: the Stone of Destiny (Paperback)

Oxford University Press, United Kingdom, 2014. Paperback. Book Condition: New. Mr. Alex Brychta (illustrator). 205 x 148 mm. Language: English . Brand New Book. In The Stone of Destiny the Time Runners battle to stop...

[Read ePub »](#)



Penelope's English Experiences (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

[Read ePub »](#)



Tales from Little Ness - Book One: Book 1 (Paperback)

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Two of a series of short Bedtime Stories for 3 to 5 year...

[Read ePub »](#)