



**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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**Deborah Wilkerson:**

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Everything Low-Glycemic Cookbook: Includes Apple Oatmeal Breakfast Bars, Parmesan Artichoke Dip, Creamy Cauliflower Soup, Mushroom Pork Medallions, ... Biscotti ...and hundreds more! (Everything®), it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its identified as reading friends.

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