



The GL Cookbook and Diet Plan: A Glycemic Load Weight-Loss Program with Over 150 Delicious Recipes

Nigel Denby, Tina Michelucci, Deborah Pyner

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DELICIOUS & HEALTHY RECIPES FOR LOSING WEIGHT WITH THE MOST POWERFUL GLYCEMIC CONTROL DIET—GL

The Glycemic Load (GL) system simplifies and improves GI dieting by converting Glycemic Index scores to reflect actual portions. It's more accurate than GI and results in improved weight loss. Now many foods that GI diets ban, like fruit and pasta, are back on the menu, even chocolate! *The GL Cookbook and Diet Plan* combines easy-to-follow plan with step-by-step recipes so you can turn your favorite foods into a program for healthy weight loss and reduced risk of diabetes.

- **Over 150 recipes**
- **Quick and easy to prepare dishes**
- **Breakfast, lunch and dinner, and even desserts**
- **No more off-limit carbs**
- **Boost energy & eliminate hunger**

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Paula Cofield:

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