



The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance

Dana Carpender, Rob Thompson

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Now you can eat up, slim down, and control insulin--with 150 easy recipes that are scientifically designed *and sinfully good*

Imagine being able to lose weight while enjoying satisfying amounts of delicious food. Now, thanks to Dr. Rob Thompson's revolutionary eating plan based on the breakthrough science of the glycemic load, you can prepare fabulously filling meals that actually speed up your metabolism, curb your cravings, and improve the way you look and feel. These surprisingly hearty recipes, created by bestselling cookbook author Dana Carpender, are designed to eliminate the "glucose shocks" that deplete your natural insulin--making it easy for you to lose weight without feeling deprived. You'll be able to enjoy:

Robust Breakfasts

Spinach Mushroom Frittata, Apple Walnut Pancakes

Lip-Smacking Lunches

Oriental Chicken Salad, Oyster Bisque, Ham and Pineapple Slaw

Mouthwatering Main Dishes

Sesame Short Ribs, Lemon Mustard Pork Chops, Indian Lamb Skillet

Delicious Desserts

Coconut Chocolate Chip Cookies, Lemon Vanilla Cheesecake

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Mary Russell:

The experience that you get from The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance is the more deep you rooting the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance giving you joy feeling of reading. The article writer conveys their point in particular way that can be understood simply by anyone who read the item because the author of this reserve is well-known enough. This book also makes your vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We advise you for having this particular The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance instantly.

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