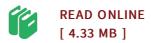




# Low-GI Cookbook: 83 Recipes for Weight Loss

By Louise Blair

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...



#### Reviews

This pdf is so gripping and exciting. It can be full of knowledge and wisdom I am just effortlessly could get a enjoyment of reading a published pdf.

-- Henri Gutkowski

This ebook is definitely not straightforward to begin on studying but quite fun to read. It is one of the most awesome book i actually have go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Nelda Trantow I

## Related eBooks



# 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 UKs best-selling home reading series. It is based on...



# 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 UKs best-selling home reading series. It is based on...



#### Oxford Reading Tree Treetops Time Chronicles: Level 13: the Stone of Destiny

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 a fiendish Viran plan to steal the...



## Penelope s English Experiences (Dodo Press)

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 and educator. She was born in Philadelphia,...



## Tales from Little Ness - Book One: Book 1

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 olds, of a family of three hedgehogs,...



### Read Write Inc. Phonics: Blue Set 6 Storybook 4 King of the Birds

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 208 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1, 2 and 3...