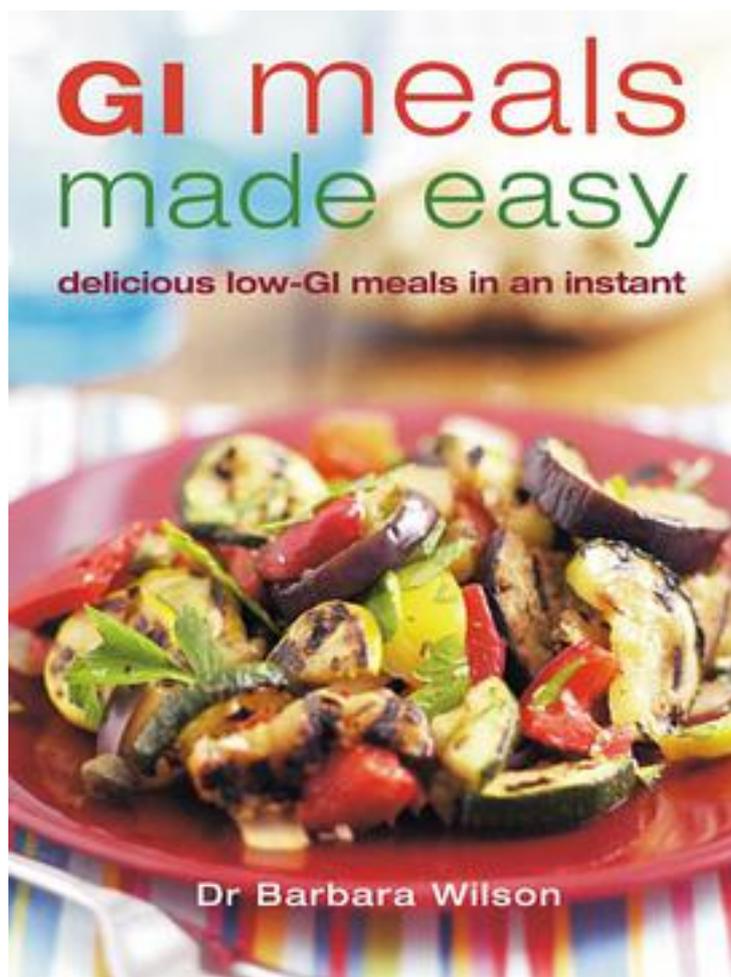


# GI Meals Made Easy



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The Glycemic Index is hot--and for good reason; the system for ranking carbohydrate foods based on their impact upon blood glucose and insulin levels is helping people to

feel full longer, enjoy greater energy, and lose weight. Choose from well over 100 recipes for breakfast, lunch and dinner, as well as appetizers, soups, sides, and desserts, even snacks and treats. Enjoy Cajun Salmon, Sweet Potato Curry, Sausage and Bean Soup with Spiced Pita Chips, and a tantalizing selection of scrumptious wholegrain pizzas. A special feature is the recipe key, which tells at a glance whether the dish is suitable for vegetarians, gluten- or dairy-free, heart healthy, low-fat, and more. Plus, there are multi-course menu suggestions, including party and special occasion menus.

作者介绍:

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