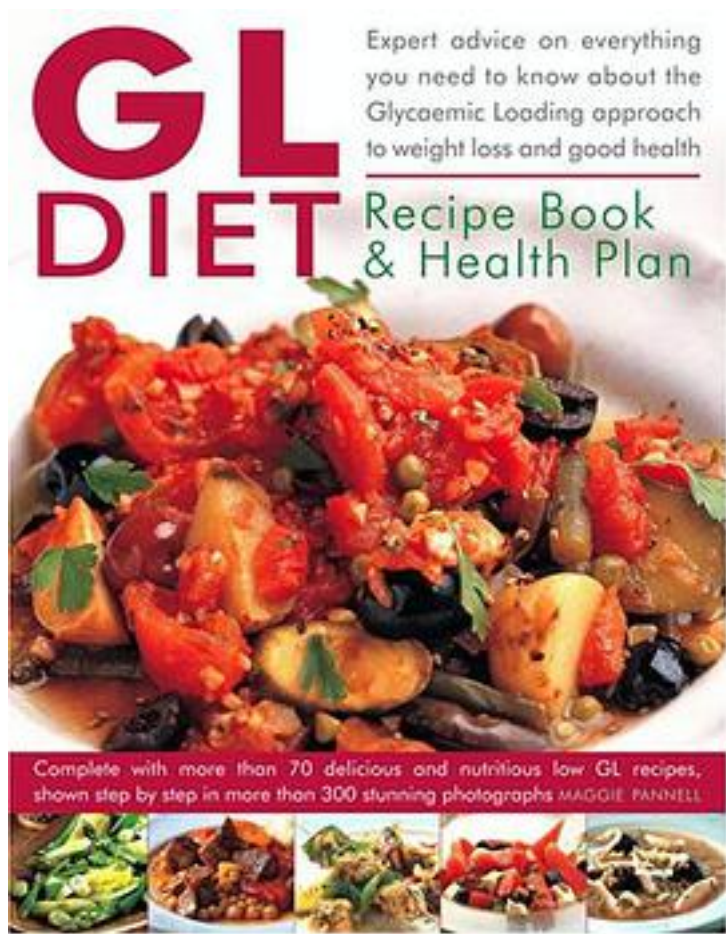


The GL Diet Recipe Book and Health Plan



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The benefits of low-GL diets, such as natural weight loss and control over fluctuating energy levels, are now well known, and this fresh new book is the ultimate guide to everything you need to know to start and maintain a low-GL diet plan. A lively and

informative introduction explains exactly what GL, or 'glycaemic loading', is, how it works, and how it can be applied in everyday life. Essential information such as which foods have a low GL, how they can be combined, and how to follow the diet plan, are brought to life with easy-to-use charts and stunning colour illustrations. Cooking and shopping tips, ideas for healthy breakfasts and lunches, and comprehensive low-GL meal planners make preparing for and following the diet plan simple. More than 65 carefully selected low-GL recipes offer a wealth of choice, suitable for every occasion and preference. Dishes range from sustaining soups and versatile vegetarian meals to flavoursome fish and shellfish dishes, and even some delicious desserts. The collection of recipes includes traditional family favourites, such as Lentil Soup, Chicken Casserole with Winter Vegetables, and Poached Pears in Scented Honey Syrup, as well as more unusual dishes, such as Tagine of Yam, Carrots and Prunes, Grilled Mackerel with Spicy Dhal, and Spicy Beef Koftas with Chickpea Puree. With more than 220 stunning colour images, clear step-by-step guides, detailed nutritional information for each recipe, structured meal planners, and expert tips and variations, this is a complete reference guide for anybody interested in sustained, effective and healthy weight loss.

作者介绍:

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