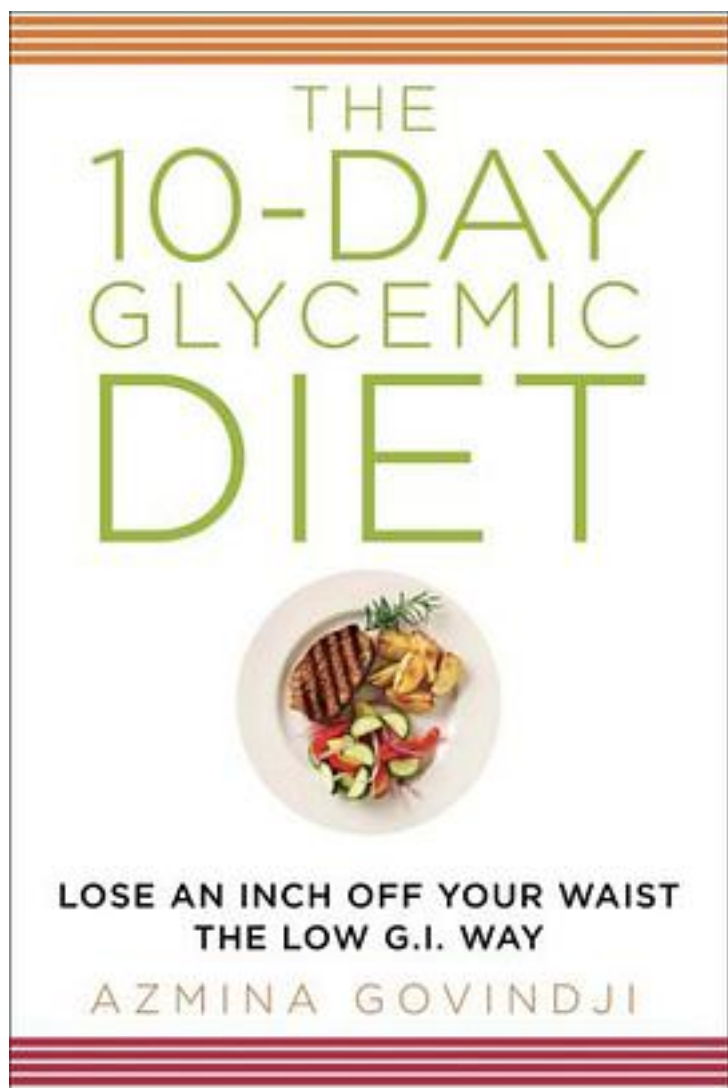


# The 10-Day Glycemic Diet



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Take an inch off your waistline in just ten days, with the dynamic new diet that utilizes the glycemic index. With flexible menus and seventy tempting recipes, fitness exercises and inspiring thoughts, this safe, straightforward, nutritionally sound low-GI (glycemic index) diet can reduce your body weight in ten days and will change your eating habits forever. Designed to demonstrate the immediate short-term benefits of eating foods with a low glycemic index--multigrain breads, bran-based cereals, muesli, fish, chicken, lentils, grains, nuts fruits, vegetables--this simple, safe, and straightforward diet plan can deliver a healthier, trimmer you in just ten days. Easier and healthier than other diets, this eating plan offers ultimate flexibility, tasty menu choices and recipes, hundreds of everyday foods tested with this unique glycemic system, and motivating ways to change your relationship with food.

作者介绍:

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