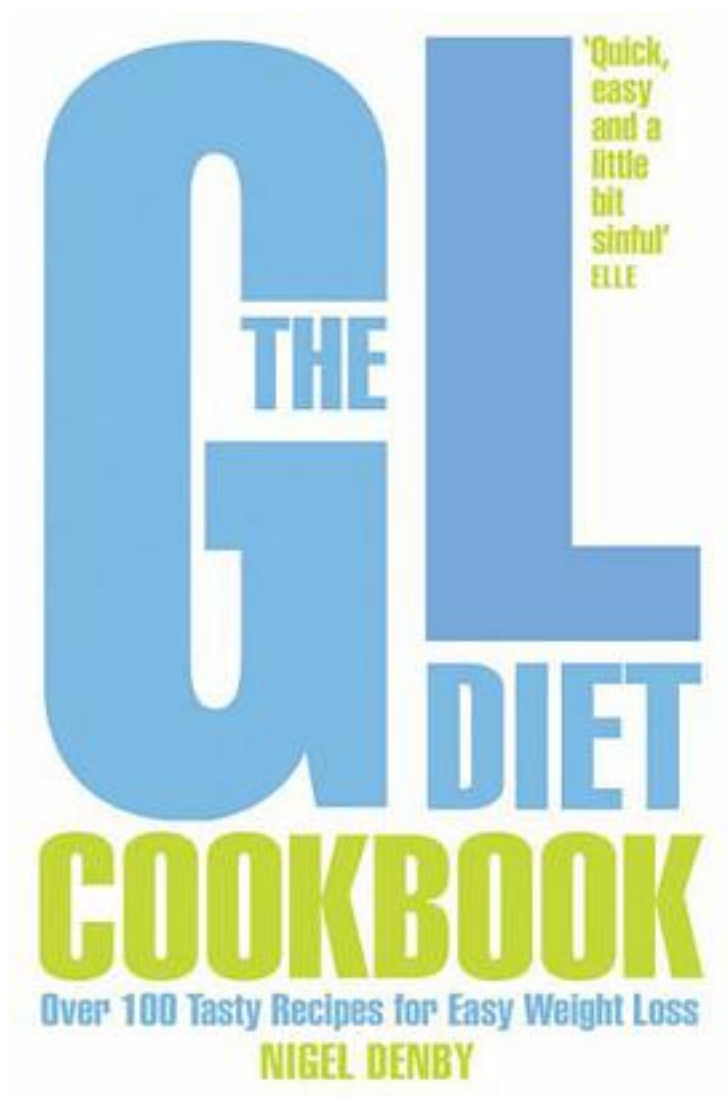


The GL Diet Cookbook



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GL, or Glycaemic Loading, is the dieting sensation taking the nation by storm. Nigel Denby, the UK's No.1 authority on GL and author of 'The 7-Day GL Diet' brings you an exciting new cookbook with over 100 simple and delicious recipes. Every taste is catered for -- fish lovers, meat connoisseurs, vegetarian, sweet. Love your food AND lose weight! GL is the diet for people who want permanent results fast without going hungry. It's simpler than GI -- and more effective, too. This is because it doesn't just look at the GI (Glycaemic Index) of a food: it also takes into account the amount of it we eat. This means that many high GI banned foods are back on the menu -- yes, even chocolate! In this exciting new cookbook Nigel Denby, author of 'The 7-Day GL Diet', shows you how easy it is to cook healthy and delicious meals in minutes. It's packed with over 100 tasty recipes and full of handy tips to keep you on track. Love your food with the GL Diet Cookbook -- and watch the pounds melt away.

作者介绍:

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