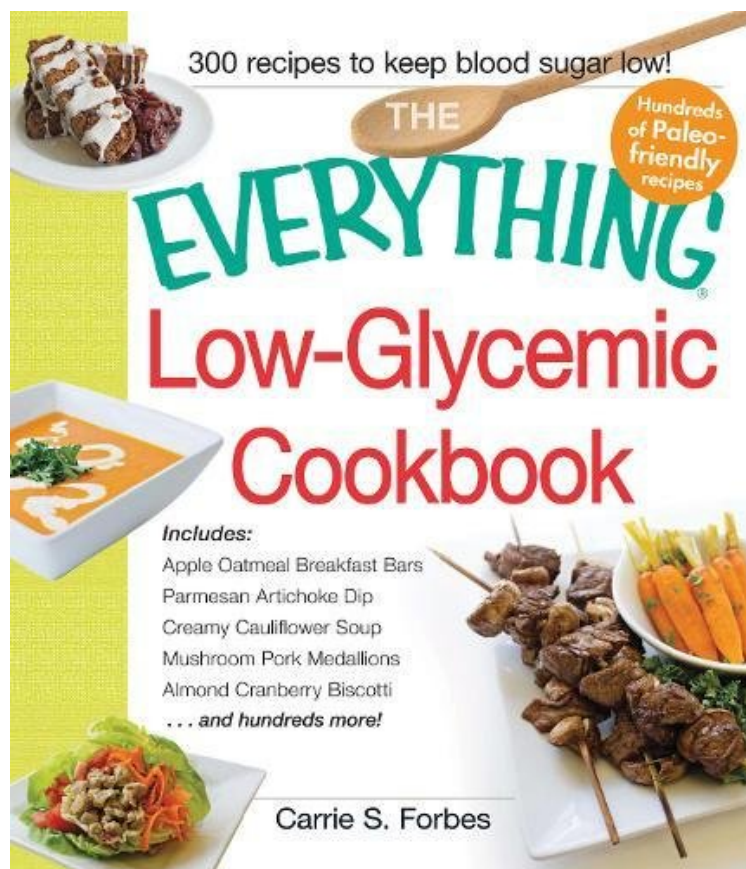


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## **The Everything Low-Glycemic Cookbook: Includes Apple Oatmeal Breakfast Bars, Parmesan Artichoke Dip, Creamy Cauliflower Soup, Mushroom Pork Medallions, Almond Cranberry Biscotti ...and hundreds more!**

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8 of 8 people found the following review helpful. Healthy DietBy Christine B.This diet works for me. When I am home, I follow it and the weight stays down. I eat what I want when I am out and go back to the Glycemic Index diet

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An easy-to-follow plan for healthy weight loss!If you're tired of sugar-free this and low-carb that, constantly restricting your diet to lose weight and stay healthy, The Everything Low-Glycemic Cookbook is the perfect choice for you! According to experts, switching to a lowglycemic index (GI) diet is the key to losing weight--and keeping it off. The GI diet isn't a low-fat diet; you won't find calorie counting or reduced portion sizes. In fact, following the low-GI diet just means eating more low-glycemic foods and avoiding others that have a high GI number.Popular food blogger Carrie Forbes has compiled 300 low-GI meals that are as tasty as they are healthy, including:Strawberry-banana pancakesSpicy cilantro dipButternut squash soupPoached chicken with pears and herbsCountry-style pork ribsEasy vegetarian lasagna with spinachGrilled lemon-and-dill swordfish steaksPeanut butterchocolate chip cupcakes Armed with glycemic index values of common foods and hundreds of recipes for satisfying, delicious dishes, you'll have all you need to lose weight and eat well--every meal of the day!

About the AuthorCarrie S. Forbes is the creator of Gingerlemongirl.com, a popular food blog, where she shares original recipes that focus on cooking and baking with healthy, frugal, and natural ingredients. Her recipes have been featured on TasteofHome.com, Foodbuzz.com, and Blogher.com. Carrie is the author of The Everything Gluten-Free Slow Cooker Cookbook, and The Everything Gluten-Free Baking Cookbook. She lives in Statonsburg, NC.