



The New Glucose Revolution Low GI Vegetarian Cookbook: 80 Delicious Vegetarian and Vegan Recipes Made Easy with the Glycemic Index

Dr. Dr. Jennie Brand-Miller M.D. M.D., Kaye Foster-Powell M. Nutr & Diet, Kate Marsh, Kaye Foster-Powell B.SC. M. Nutri. & Diet

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The world's leading authorities on the glycemic index offer even more delicious diet solutions in this companion cookbook volume to the New York Times bestselling The New Glucose Revolution series. Low GI eating is widely acknowledged by health experts as a healthier, better balanced, and more flexible alternative to every other diet regimen. Now, based on their groundbreaking research discoveries on the benefits of eating low glycemic foods, Dr. Jennie Brand-Miller and Kaye Foster Powell, along with Joanna McMillan-Price, present a complete low-GI cookbook on vegetarian and vegan meals. Featuring 100 simple, satisfying recipes, The New Glucose Revolution Low GI Vegetarian Cookbook makes it easy for vegetarians and vegans to switch to a low-GI lifestyle — and for low-GI fans to adopt a vegetarian diet. The book includes essential information on the basics of vegetarian and vegan cooking, food shopping the low-GI way, preparing kids meals, and menu ideas for a busy lifestyle. With beautiful color photos throughout, The New Glucose Low GI Vegetarian Cookbook offers vegetarian and vegans the key to achieving weight loss goals and lifelong vitality.



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The reserve untitled The New Glucose Revolution Low GI Vegetarian Cookbook: 80 Delicious Vegetarian and Vegan Recipes Made Easy with the Glycemic Index is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to you actually. The language that article author use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, therefore the information that they share for you is absolutely accurate. You also could possibly get the e-book of The New Glucose Revolution Low GI Vegetarian Cookbook: 80 Delicious Vegetarian and Vegan Recipes Made Easy with the Glycemic Index from the publisher to make you considerably more enjoy free time.

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