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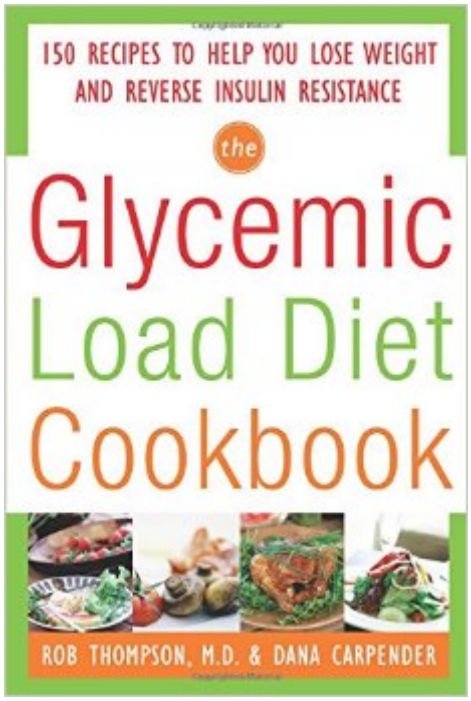
The Glycemic-Load Diet Cookbook: 150 Recipes To Help You Lose Weight And Reverse Insulin Resistance



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Synopsis

Now you can eat up, slim down, and control insulin--with 150 easy recipes that are scientifically designed and sinfully good Imagine being able to lose weight while enjoying satisfying amounts of delicious food. Now, thanks to Dr. Rob Thompson's revolutionary eating plan based on the breakthrough science of the glycemic load, you can prepare fabulously filling meals that actually speed up your metabolism, curb your cravings, and improve the way you look and feel. These surprisingly hearty recipes, created by bestselling cookbook author Dana Carpender, are designed to eliminate the â œglucose shocksâ • that deplete your natural insulin--making it easy for you to lose weight without feeling deprived. You'll be able to enjoy: Robust Breakfasts Spinach Mushroom Frittata, Apple Walnut Pancakes Lip-Smacking Lunches Oriental Chicken Salad, Oyster Bisque, Ham and Pineapple Slaw Mouthwatering Main Dishes Sesame Short Ribs, Lemon Mustard Pork Chops, Indian Lamb Skillet Delicious Desserts Coconut Chocolate Chip Cookies, Lemon Vanilla Cheesecake

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Customer Reviews

We've heard a lot about the glycemic index in recent years, but not many people know exactly what that means and why they should care. The problem with GI is it is an incomplete equation when it comes to figuring out what impact a particular food will have on the body. A better tool is to determine the glycemic load of what you eat and that's something Dr. Rob Thompson has devoted himself to with his diet plan. In this book of recipes that serves as a companion to The

Glycemic-Load Diet, Dr. Thompson teams up with world-famous low-carb cookbook author Dana Carpender to whip up some yummy recipes that are designed to control insulin spikes which lead to weight gain, hunger, and disease. One thing you can always count on when Dana Carpender contributes recipes to a cookbook is variety, mouthwatering dishes, and a commitment to keeping them low-carb. You get 150 outstanding recipes to enjoy for breakfast, lunch, dinner, dessert, and everything in between with this book!

A straight forward and immensely useful review of the Glycemic Load Diet plus lots of really delicious recipes. Dana's work is in my experience always well researched, entertaining, educational and makes for fabulous food that contributes to your health. If you're thinking of returning to health this New Year this should be your first buy and if you have Dana's other cookbooks you won't find this redundant, but fresh and inspiring.

Pretty easy to follow this diet, especially when it makes you feel better and you can get off medicines. Before I started the diet, I was taking 7 different meds a day for high cholesterol, GERDS, high triglycerides, and rapid pulse, plus I was diabetic. I was also almost 25 pounds over my ideal weight and kept gaining. In only a few months after changing my diet, I dropped over 20 pounds and even after two years am still taking 0 (zero, none, nada, no) meds. All my numbers are fine and I am no longer diabetic. I am the poster child for this diet. It is great!

Having read The Glycemic Load Diet, I was interested to get this book and try some new recipes. Every dish I have tried so far has been easy to prepare and quite tasty. Also, this book includes an overview of information from The Glycemic Load Diet, which may be helpful for those who do not own that book.

Bought this in conjunction with GL Book, which also does not have GI or GL on any of the recipes.The recipes look good, but if you are trying to keep track of your GI and GL for the day, you can't do it with the recipes. You will have to find the calculation to figure GI then use that to figure GL.Extremely disappointed in ability of this to be user friendly.Would not recommend if you want to track GL, if you want some recipes, they look pretty good.But worthless for tracking in a diet plan.

This book is not one I put down after reading it. I use the recipes. I am pre-diabetic. Any diet which removed sugar completely failed. I am truly a sugar addict in every sense of the word. Completely

eliminating sugar made my cravings grow and a struggle ensued.. I had to have a fix (sugar). In addition, eliminating sugar meant very few choices in what I could eat. Eliminating sugar meant eliminating all starch. I didn't have enough choices and it was hard to stop eating so many of the foods that I had been eating all of my life. This book taught me how to make changes that would control my intake of sugar as well as supply me with lots of food choices by substituting alternative flours for white flour (thus I could still bake cookies, muffins, brownies, etc.) without getting the sugar spikes. I am now using low carb bread when I choose to eat bread. I am using cauliflower to make mashed potatoes and rice and they are yummy. I sweeten my teas and coffee with Xylitol. I had stopped drinking tea and coffee because I did not like them without sugar or with stevia which I was allowed to use. Stevia changed the taste of them. I am much happier and can live with these changes.

This is not a diet book. This book explains just exactly which types of foods help you to gain weight and which types help you to lose weight in plain English. A refreshing change from all of the "diet" books out there.

I've been doing the GI style of eating for 1.5 years now and have managed to keep the 25 lbs off that I lost. This book has a variety of recipes that are easy and delicious. Even my kids like them.

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