



# **The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance**

*Dana Carpender, Rob Thompson*

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**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 "glucose shocks" 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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Precisely why? Because this The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance is an unordinary book that the inside of the publication waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who have write the book in such amazing way makes the content on the inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the publication store hurriedly.

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