



The GL Diet For Dummies

Nigel Denby, Sue Baic

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If you're sick of no-carb diets, or just looking for a healthy eating plan, then the GL Diet is for you. No more calculations, no calorie-counting and no more cravings for carbs – as long as you stick to foods that are low in GL, you can stay healthy and lose weight without having to go without. *The GL Diet For Dummies* explains the science behind the plan, helps you to incorporate GL into your everyday life and gives readers 80 recipes to try.

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