

[PDF] Living The G.I. (Glycemic Index) Diet

Rick Gallop, Emily Richards - pdf download free book

Books Details:

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Author: Rick Gallop, Emily Richards
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Description:

Review "Stick to this diet and the pounds should pour off."
—*The Globe and Mail*

"In this follow-up to the best-selling book, **The G.I. Diet**, Rick Gallop has joined forces with home economist and recipe developer Emily Richards, co-host of *Canadian Living Cooks*, to provide great recipes as well as more motivational tips to make following the GI diet easy and tasty ... you will end up with a healthy, balanced eating plan that is easy to follow and provides lots of nutritious choices."
—*The Toronto Sun* --This text refers to the edition.

From the Inside Flap In this much anticipated follow-up to his phenomenal bestseller, Rick Gallop has teamed up with *Canadian Living Cooks*'s Emily Richards to provide mouth-watering, green-light recipes, plus motivational tools to make losing weight as easy as possible.

Tens of thousands of Canadians have been achieving their weight-loss goals with **The G.I. Diet**. What they love most about the diet is how simple it is to follow -- no counting calories or weighing food required -- and they never have to go hungry. In fact, some readers told Rick that they actually eat more on this diet than they ever did before, and the pounds continue to drop off.

Now Rick has written **Living the G.I. Diet** to help readers continue to lose weight or to maintain their new waistlines. He's signed up Emily Richards, co-host of the TV show *Canadian Living Cooks*, to develop over one hundred delicious green-light recipes. Have her *Light & Fluffy Pancakes* for breakfast, aromatic *Thai Shrimp Soup* for a satisfying lunch, and zesty *Easy Bake Lasagna* for dinner. And don't hesitate to indulge in *Pecan Brownies* for dessert, because all these tasty dishes are designed to keep you shedding those unwanted pounds without feeling deprived, without feeling as though you're even on a diet.

As well as discussing the nutritional qualities of food, Rick talks about its psychological and emotional aspects. He provides coping strategies and comfort-food alternatives, and shares some remarkable testimonials from readers. Topped off with an expanded G.I. Diet Food Guide, meal plans and more snack ideas, **Living the G.I. Diet** provides everything you'll need to stick to the healthy track.

Here's what readers had to say about *The G.I. Diet*:

I can't believe that after two pregnancies and at age 32 I weigh what I did in high school! It's thanks to the **G.I. Diet**! I've tried other diets, but this is the one that has changed the way I eat and exercise for life.? Janine

Just want to say THANKS!!! The **G.I. Diet** is amazing, and easy to follow. I've tried to lose weight for years and finally a no-nonsense guide has arrived. As an RN working in a coronary care unit, this book will definitely be recommended to my patients.? Helen

I've lost over 40 pounds in a matter of just over 2 months. My doctor can't believe the change. Best I've felt in years. I weigh less than when I was married 16 years ago. I'm not hungry between meals with your meal plans, and yes, I can indulge once in a while, without putting back any weight.? Joe

I can't believe I'm actually losing weight without even trying! I'm not even exercising! And I do cheat a bit (I love popcorn). Thank you for your book -- I'm finally getting the help all my doctors couldn't give! ? Tracy

I am thrilled about my fifty-pound weight loss (in just less than four months) and significant reduction in my blood sugar. Your book has given me renewed hope in getting my weight off, as I have fifty more pounds to go. It is so confidence-building to know that my morbid obesity these past many years hasn't been my fault, and I only wish I had known this information years ago.? Irene -- This text refers to the edition.

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