



The Holford Low-GL Diet Cookbook

Patrick Holford, Fiona McDonald Joyce

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The Low-GL Diet Cookbook is perfect for everyone who wants to lose weight quickly yet still enjoy great-tasting food. It features a range of recipes that do not raise your blood sugar quickly and hence have a low glycemic load, or GL. Based on the latest research, top nutritionist Patrick Holford explains that by having no more than 40 GLs a day and eating protein with carbohydrate, you can not only lose weight quickly and permanently but also improve your health and feel truly energised. The book is packed with delicious tried-and-tested recipes that are both easy to follow and simple to prepare. The GL of each recipe is clearly calculated for you, so it's easy to stick to your daily limit, and with menu plans and recipes for both weight-loss and maintenance, The Low-GL Diet Cookbook will enable you to beat cravings and lose weight permanently.

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