



500

LOW GLYCEMIC INDEX RECIPES

Fight Diabetes and Heart Disease
Lose Weight and Have Optimum Energy
with Recipes That Let You Eat
the Foods You Enjoy

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500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy



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Forget low-carb, low-body fat, low-calorie diets. That is a healthy eating plan which you can use for lifestyle to lose excess weight, feel energized, and be healthy. Low-GI variations of typically high GI foods such as breads, pastas, desserts and casseroles are included. 500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers understand how simple meals swaps such as lovely potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or food for healthier eating along with weight loss.



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Many problematic recipes Many of the recipes have problematic substances for the low GI diet. I really wish someone would have checked it before it sent. In addition, I've found recipes with cornstarch and corn flakes cereal... The author prices potato and whole wheat grains recipes to be low glycemic. I've just flipped through the book, therefore I can tell talk with all the recipes—I have seen some "safe" types—but if you're not interested in needing to weed through them or if you're not so well-informed in what is and is not acceptable on the reduced GI diet, it's might be better to just pass on this one. Stickers, zero not pot stickers. I really do nothing like this Sam I am. So my book apparently is used since it has stickers on the web pages which is extremely annoying. I see lots of large amounts of honey, which wouldn't be a good choice for people who want to follow this diet.while whole wheat is has more fiber, it's no low (it's a higher 72)[. Some of the stickers are on parts of the guidelines to dishes as you can see from pictures. The recipes overall look good. But I am not really impressed with the grade of the book. Not necessarily low glycemic The recipes in here are generally NOT low glycemic.definitely not good choices... Or got better sticker placement skills. A few of the recipes are beginner level, plus some are a bit more advanced. Still a little high for low carb diet! Surprisingly Resourceful 500 recipes is tough to learn through, but I've read many and am amazed that some are in deed, low glycemic. Just a Cookbook I thought there will be good low glycemic dishes here, There is absolutely no additional sugar added, but the pre-made ingredients that are accustomed to prepare the foods are not "low glycemic. I have struggles to locate a good recipe reserve for a long time as you are . There are other cookbooks out there which are "from scratch" instead of using pre-packaged meals.]Really wish the author had done even more research here - I've health known reasons for switching to low glycemic and these recipes could just cause me problems without modifying them. But they do look good and have several quality recipes for standard sauces, etc., which have been modified to work.. Run out and get a book that could help. I've cooked some of these dishes for company plus they had no idea there was anything "special" about them. I have done this already before and this book is great." So be cautious.. I am pleased to see those. I have struggles to locate a good recipe reserve for a long time as you are always bombarded with faddy diet plans wherever you look. The writer is not a doctor, dietitian, nutritionist, or professional chef. Good cookbook for low-glycemic foods A wide variety of recipes to meet everyone's likes taste wise and several include items you may typically retain in your kitchen. Keeps sugar under control. I also valued that it has a break down of calories protein, fat, water, etc. and indicates where the recipe falls on the glycemic index (for example, stuffed mushrooms are low on the index). This book is well-planned and was an excellent purchase for my kitchen. The elements used are generally whole foods and reasonable every day foods.. The writer does use sugar subs but it has been the thing in this publication that I don't care for but can change. I think that volume was a good purchase. What do Dick, the author, do when he was diagnosed? Wrote a couple of books to help people like himself. I just wanted something simple that can be used daily and as part of a lifestyle transformation which book ticks all of the boxes. He's a man in Maryland, near my throat of the woods.. (There's one that includes sausage as an component, for example, and the instructions simply say, "cook the sausage," but usually do not say how. Only a few are like this though.) The majority are stovetop or oven, but some are grill or slow-cooker. (Though the person I purchased this feels that the writer doesn't get the Crockpot idea of tossing everything within with no other methods besides returning a few hours later. Awesome recipes for diabetics. And a different undertake salmon soup that interests me. (It wasn't something I was raised with, but something somebody made for me several times. Canned salmon. This unusual ingredient for a book such as this.) Everything in the publication is also low-sodium or sodium-free. Reasonable and easy to follow sensible cookbook I bought three books for a minimal

GI lifestyle. In use, excellent information, easy to follow. Four Stars good read Higher Carbs than I wanted Pretty good recipes. No phony egg replacements, no dissing of using milk products reasonably. Regular foods. An easy task to intermediate cooks What do you do when your relative gets diagnosed with an overwhelming ailment? There are great concepts and each recipe shows whether it's low GI. I'd be pleased to recommend this book. Awesome recipes for diabetics Dad loves his Christmas present.) I was impressed that there is an Amish dish included. Wish it had more images, but they're not essential so we didn't mind.



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