



# Ultimate Glycemic Load Diet and Cookbook (EBOOK BUNDLE)

*Rob Thompson*

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**Losing weight and liking what you eat can go hand in hand**

**Two books in one eBook!**

You diet, you lose weight, you put it back on. You start dieting again, and the same thing happens. And so it goes. Don't blame yourself. This happens with everyone. The problem isn't with you; it's with the diets themselves.

Put an end to this frustrating and unhealthy pattern with the proven method developed by nutritional scientists that uses foods people *actually eat*—not bland food no one can eat for an extended period or high-salt frozen meals that no one *should* eat, ever.

A double serving of everything you need to control your weight, The Ultimate Glycemic Load Diet and Cookbook contains the information you need to get started and all the recipes you need to keep on track. This two-eBook set includes:

## ***The Glycemic-Load Diet***

Many diets are based on the glycemic index, but they don't distinguish between good carbohydrates from bad ones. Nor do they take into account real-life serving sizes; the GI numbers are based on lab-controlled portions. The good news is that nutritional scientists have developed the glycemic load, a powerful new tool for controlling weight allows for more of a variety of foods.

In *The Glycemic-Load Diet*, cardiologist Dr. Rob Thompson unveils an eating and exercise plan that helps you reverse insulin resistance, allowing you to:

- Eat more of the foods you like
- Eliminate cravings for starchy foods
- Eat chocolate and still lose weight!
- Speed up your metabolism with regular, non-strenuous exercise
- Keep the weight off without "dieting"

## ***The Glycemic-Load Diet Cookbook***

Imagine being able to lose weight while enjoying satisfying amounts of delicious food. Now, 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, eliminate the "glucose shocks" that deplete your natural insulin—making it easy for you to lose weight without feeling deprived. Get recipes for every meal, including:

- Spinach Mushroom Frittata
- Apple Walnut Pancakes

- Oriental Chicken Salad
- Oyster Bisque
- Sesame Short Ribs
- Lemon Mustard Pork Chops
- Indian Lamb Skillet
- Coconut Chocolate Chip Cookies
- Lemon Vanilla Cheesecake

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