



# The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance

*Dana Carpender, Rob Thompson*

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**Now you can eat up, slim down, and control insulin--with 150 easy recipes that are scientifically designed *and sinfully good***

Imagine being able to lose weight while enjoying satisfying amounts of delicious food. Now, thanks to Dr. Rob Thompson's revolutionary eating plan based on the breakthrough science of the glycemic load, 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, are designed to eliminate the "glucose shocks" that deplete your natural insulin--making it easy for you to lose weight without feeling deprived. You'll be able to enjoy:

Robust Breakfasts

Spinach Mushroom Frittata, Apple Walnut Pancakes

Lip-Smacking Lunches

Oriental Chicken Salad, Oyster Bisque, Ham and Pineapple Slaw

Mouthwatering Main Dishes

Sesame Short Ribs, Lemon Mustard Pork Chops, Indian Lamb Skillet

Delicious Desserts

Coconut Chocolate Chip Cookies, Lemon Vanilla Cheesecake

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#### **James Gardner:**

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Playing with family inside a park, coming to see the coastal world or hanging out with buddies is thing that usually you may have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Glycemic-Load Diet Cookbook: 150 Recipes to Help You Lose Weight and Reverse Insulin Resistance, you may enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't buy it, oh come on its named reading friends.

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