



**The Everything Low-Glycemic Cookbook:  
Includes Apple Oatmeal Breakfast Bars, Parmesan  
Artichoke Dip, Creamy Cauliflower Soup,  
Mushroom Pork Medallions, ... Biscotti ...and  
hundreds more! (Everything®)**

*Carrie S. Forbes*

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## **An easy-to-follow plan for healthy weight loss!**

If you're tired of sugar-free this and low-carb that, constantly restricting your diet to lose weight and stay healthy, *The Everything Low-Glycemic Cookbook* is the perfect choice for you! According to experts, switching to a low-glycemic index (GI) diet is the key to losing weight--and keeping it off. The GI diet isn't a low-fat diet; you won't find calorie counting or reduced portion sizes. In fact, following the low-GI diet just means eating more low-glycemic foods and avoiding others that have a high GI number.

Popular food blogger Carrie Forbes has compiled 300 low-GI meals that are as tasty as they are healthy, including:

- Strawberry-banana pancakes
- Spicy cilantro dip
- Butternut squash soup
- Poached chicken with pears and herbs
- Country-style pork ribs
- Easy vegetarian lasagna with spinach
- Grilled lemon-and-dill swordfish steaks
- Peanut butter-chocolate chip cupcakes

Armed with glycemic index values of common foods and hundreds of recipes for satisfying, delicious dishes, you'll have all you need to lose weight and eat well--every meal of the day!

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