

# The Low-GL Diet Cookbook: Easy Recipes For Weight Loss, Health And Energy

**Patrick Holford; Fiona McDonald Joyce**

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The Holford Low-GL Diet Cookbook is packed with delicious recipes that will help you put The . The GL are clearly calculated for you so it's easy to stick to your daily limit, Besides recipes there are also menu plans, not just for losing weight, but also for THE 10 SECRETS OF 100% HEALTHY PEOPLE Patrick Holford. www.patrickholford.com www.natuurdietisten.nl Patrick Holford is 27 Oct 2005 . The Low-GL Diet Cookbook: Easy Recipes for Weight Loss, Health and Energy. By: Patrick Holford (author), Fiona McDonald Joyce (author) The Holford Low-GI Diet Cookbook by Patrick Holford & Fiona . 27 Oct 2005 . The Holford 'low GL' Diet Cookbook has 28 ratings and 1 review. Easy, low-Glycemic Load recipes for weight loss, health and energy: Easy, In The Low-GL Diet Bible Patrick Holford revealed that the key to successful . banishing cravings gaining energy improving your health and losing weight Now in The. GL calculations for each recipe, making it easy to stick to your daily limit. 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