

"This is the *best* diet book—and the *only* one that offers a lifetime plan for healthy eating. I recommend it above all others."

—JEAN CARPER, best-selling author and USA Weekend's "EatSmart" columnist, on *The Low GI Diet Revolution*



The Low GI Diet Cookbook

100 Simple, Delicious
Smart-Carb Recipes—The
Proven Way to Lose Weight
and Eat for Lifelong Health



Dr. Jennie Brand-Miller • Kaye Foster-Powell
Joanna McMillan-Price

THE WORLD'S FOREMOST AUTHORITIES ON THE GLYCEMIC INDEX

Low Gi Diet Cookbook 100 Delicious Low Gi Recipes

PT Brinkman



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