



# The 7 Day Gl Diet

**M Lipman**

## **The 7 Day GL Diet:**

**The 7 Day GL Diet: Glycaemic Loading for Easy Weight Loss** Nigel Denby,2005 The authors describe glycaemic loading as a way to permanent weight loss because it allows you to balance your blood sugar by mixing and matching your carbohydrates so you can still eat and enjoy your food [The GL Diet Cookbook: Over 150 tasty recipes for easy weight loss](#) Nigel Denby,2010-03-18 GL or Glycaemic Loading is the dieting sensation taking the nation by storm Nigel Denby the UK's No 1 authority on GL and author of The 7 Day GL Diet brings you an exciting new cookbook with over 100 simple and delicious recipes Every taste is catered for fish lovers meat connoisseurs vegetarian sweet Love your food AND lose weight

**The GL Diet Made Easy: How to Eat, Cheat and Still Lose Weight** Nigel Denby,Tina Michelucci,Deborah Pyner,2012-06-21 Dieting is so much easier thanks to Nigel Denby's fantastically simple GL diet There's no calorie or point counting no hunger no guilt and no faddy food rules Even better you can drop a size in 10 days and keep it off All you need to do is stick to a few simple eating guidelines and enjoy his delicious recipes and flexible meal plans

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