



Shake Off the Sugar Cookbook, Revised: Low Carb & Low Glycemic Recipes for a Healthy Lifestyle

Lynn Stephens

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Reap the benefits of a healthy, low glycemic diet with nearly 300 delicious, original recipes. This revised and expanded version of the Shake Off the Sugar Cookbook was created as a guide to help you start and stay on a healthy dietary lifestyle. You will get eating advice, strategies, shopping tips, a glycemic index and a fiber index. Each recipe is followed by nutrition information, food exchanges, and calorie counts for those who use them. The more you know, the better you can make smart lifestyle choices!

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Kathy Norvell:

The book untitled Shake Off the Sugar Cookbook, Revised: Low Carb & Low Glycemic Recipes for a Healthy Lifestyle contain a lot of information on the idea. The writer explains the girl idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new age of literary works. It is easy to read this book because you can read on your smart phone, or program, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice study.

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