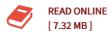




## The GI Mediterranean Diet: The Glycemic Index-Based Life-Saving Diet of the Greeks

By Fedon Alexander Lindberg

Ulysses Press. Paperback / softback. Book Condition: new. BRAND NEW, The GI Mediterranean Diet: The Glycemic Index-Based Life-Saving Diet of the Greeks, Fedon Alexander Lindberg, UNLEASH THE FULL POTENTIAL OF THE MEDITERRANEAN DIET From salads of tomato, cucumber and feta to savory moussaka and tangy tzatziki, the Mediterranean diet's mix of whole grains, fresh vegetables and oily fish has proven incredibly healthy and naturally slimming. Now, this book applies the science of the Glycemic Index to the traditional diet of the Greeks to create an even more powerful program for healthy weight loss. Accounting for the Gl/GL effect of each food, the plan in this book maximizes your metabolism by balancing carbs, fats and proteins. The ultimate combination of Old World wisdom and modern science, "The GI Mediterranean Diet" includes: 48 traditional Mediterranean recipesEasy-to-follow, 4-week meal plansGl/GL rankings for over 200 foods Discover how adding these delicious food to your diet could save your life by helping you: Lose WeightFight Heart DiseaseLower Blood PressurePrevent Diabetes".



## Reviews

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Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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