

Making Everything Easier!™

# Glycemic Index Cookbook FOR DUMMIES

## Learn to:

- Find the right balance of foods and nutrients at every meal
- Make a variety of delicious low-glycemic recipes
- Manage heart disease, type 2 diabetes, and other health conditions

**Meri Raffetto, RD**

*Registered dietitian and founder of  
Real Living Nutrition Services*

**Rosanne Rust, MS, RD, LDN**

*Registered dietitian*



# Glycemic Index Cookbook For Dummies

**Robert R. Redfield**



## **Glycemic Index Cookbook For Dummies:**

Immerse yourself in the artistry of words with is expressive creation, Immerse Yourself in **Glycemic Index Cookbook For Dummies** . This ebook, presented in a PDF format ( Download in PDF: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

[http://www.armchairempire.com/results/scholarship/HomePages/Grade\\_10\\_Caps\\_Accounting\\_Study\\_Guide.pdf](http://www.armchairempire.com/results/scholarship/HomePages/Grade_10_Caps_Accounting_Study_Guide.pdf)

## **Table of Contents Glycemic Index Cookbook For Dummies**

1. Understanding the eBook Glycemic Index Cookbook For Dummies
  - The Rise of Digital Reading Glycemic Index Cookbook For Dummies
  - Advantages of eBooks Over Traditional Books
2. Identifying Glycemic Index Cookbook For Dummies
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Glycemic Index Cookbook For Dummies
  - User-Friendly Interface
4. Exploring eBook Recommendations from Glycemic Index Cookbook For Dummies
  - Personalized Recommendations
  - Glycemic Index Cookbook For Dummies User Reviews and Ratings
  - Glycemic Index Cookbook For Dummies and Bestseller Lists
5. Accessing Glycemic Index Cookbook For Dummies Free and Paid eBooks
  - Glycemic Index Cookbook For Dummies Public Domain eBooks
  - Glycemic Index Cookbook For Dummies eBook Subscription Services
  - Glycemic Index Cookbook For Dummies Budget-Friendly Options

6. Navigating Glycemic Index Cookbook For Dummies eBook Formats
  - ePub, PDF, MOBI, and More
  - Glycemic Index Cookbook For Dummies Compatibility with Devices
  - Glycemic Index Cookbook For Dummies Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Glycemic Index Cookbook For Dummies
  - Highlighting and Note-Taking Glycemic Index Cookbook For Dummies
  - Interactive Elements Glycemic Index Cookbook For Dummies
8. Staying Engaged with Glycemic Index Cookbook For Dummies
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Glycemic Index Cookbook For Dummies
9. Balancing eBooks and Physical Books Glycemic Index Cookbook For Dummies
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Glycemic Index Cookbook For Dummies
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Glycemic Index Cookbook For Dummies
  - Setting Reading Goals Glycemic Index Cookbook For Dummies
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Glycemic Index Cookbook For Dummies
  - Fact-Checking eBook Content of Glycemic Index Cookbook For Dummies
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

### **Glycemic Index Cookbook For Dummies Introduction**

Glycemic Index Cookbook For Dummies Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Glycemic Index Cookbook For Dummies Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Glycemic Index Cookbook For Dummies : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Glycemic Index Cookbook For Dummies : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Glycemic Index Cookbook For Dummies Offers a diverse range of free eBooks across various genres. Glycemic Index Cookbook For Dummies Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Glycemic Index Cookbook For Dummies Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Glycemic Index Cookbook For Dummies, especially related to Glycemic Index Cookbook For Dummies, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Glycemic Index Cookbook For Dummies, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Glycemic Index Cookbook For Dummies books or magazines might include. Look for these in online stores or libraries. Remember that while Glycemic Index Cookbook For Dummies, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Glycemic Index Cookbook For Dummies eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Glycemic Index Cookbook For Dummies full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Glycemic Index Cookbook For Dummies eBooks, including some popular titles.

## **FAQs About Glycemic Index Cookbook For Dummies Books**

1. Where can I buy Glycemic Index Cookbook For Dummies books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Glycemic Index Cookbook For Dummies book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Glycemic Index Cookbook For Dummies books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Glycemic Index Cookbook For Dummies audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read Glycemic Index Cookbook For Dummies books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

**Find Glycemic Index Cookbook For Dummies :**

*grade 10 caps accounting study guide*

grade 11 business studies exemplars 2014

graham greene a life in letters

graco snugride 32 user manual

**graduate study in psychology 2005**

grade 9 english june exam 2013 memo

**graduate citizens issues of citizenship and higher education author john ahier apr 2004**

*grade 10 math jsc question papers*

*graduate attributes learning and employability lifelong learning book series*

*grade 2 exam papers maths*

grand prix greats a personal appreciation of 25 famous formula 1 drivers

gpg professional job center

**gpsc guide**

gr ne smoothie rezepte gesundheit wohlf hlen ebook

grade10 geography paper 1 2014 june exam

**Glycemic Index Cookbook For Dummies :**

**sample letter requesting insurance coverage 52editions** - Dec 28 2021

web sample letter requesting insurance coverage here s a template you can use if you need to write a letter requesting insurance coverage for a new employee in your department or company dear name we are writing to request for insurance coverage for employee name

*sample request letter for health insurance* - Feb 27 2022

web aug 14 2023 begin the letter by clearly stating the purpose of your request provide a concise introduction that explains why you are writing the letter for example you could mention that you are a policyholder and wish to request a change or clarification regarding your health insurance coverage

**sample letter for insurance coverage how to write it and why** - May 13 2023

web apr 9 2023 if your insurance company denies your request for coverage you may want to appeal the decision by submitting additional supporting documentation and a revised sample letter for insurance coverage can i use a sample letter



for insurance coverage to request coverage for a pre existing condition

how to write a sample letter requesting insurance coverage - Feb 10 2023

web apr 9 2023 what should i include in a sample letter requesting insurance coverage a sample letter requesting insurance coverage should include the following your name or the name of your organization the type of coverage you are requesting the reasons for the request supporting documentation if required the date your contact information

*10 effective samples of letter requesting insurance coverage* - Apr 12 2023

web apr 4 2023 we ve curated a sample of letter requesting insurance coverage that you can use as a template while making your request our sample includes all the necessary information to get the attention of your insurance provider and *sample letter to patient regarding insurance how to inform* - Jun 02 2022

web apr 15 2023 yes patients can make changes to their insurance coverage after receiving the sample letter provided that they meet the requirements and that their insurers allow the changes patients may need to contact the insurer directly to request any changes

how to write a professional letter for a change in policy - Nov 07 2022

web jan 25 2019 skip another line space type dear mr ms name followed by a colon if this is a mass letter use a generic salutation such as dear valued customer or dear employee instead skip another line space begin the letter by explaining the problem that led to the policy change use any facts or statistics that will help convince the recipient

*sample letter requesting insurance coverage and ethicon* - Oct 06 2022

web mar 4 2013 strong sample strong strong letter strong strong requesting strong strong insurance strong strong coverage strong strong and strong authorization for br strong insurance strong company name br address br city state zip code br hospitalization

how to write an effective request letter for insurance policy a - Jun 14 2023

web apr 20 2023 dear insurance provider i am writing to request a life insurance policy to ensure the financial security of my loved ones in the unfortunate event of my untimely passing as the sole breadwinner for my family i am aware of the potential risks that my absence could create

*request letter for change of insurance agent sample letter to* - Dec 08 2022

web june 19 2021 to receiver s name company address company address date date subject request for change of insurance agent dear sir madam i am your name and i do hold an insurance policy bearing policy no policy number of your company

**request letter to change insurance agent 3 samples all** - Jul 03 2022

web aug 10 2021 sample 1 request letter to change insurance agent india india the 16th september 2021 i m francis chakravarti and i have an insurance coverage with your firm with policy number d500471 because my agent is no longer

delivering services i respectfully request that you change my agent

*sample letters to use with insurance companies* - Mar 31 2022

web sample letter 1 request that the copay for the psychiatrist from the patient be changed to a medical copay rate instead of the higher mental health copay because the psychiatrist was providing medication management not psychotherapy outcome adjustments can be made so that the family is billed for the medical copay

*how to write an effective letter to insurance company requesting coverage* - Aug 04 2022

web may 1 2023 a letter requesting coverage from an insurance company is a written communication sent to an insurance provider asking for coverage or to review a decision that has been made on a claim it should include information on the policyholder the reason for the request and the request itself

**how to write a sample letter to change insurance company a** - May 01 2022

web apr 6 2023 our sample letter to change insurance companies is designed to help you make the switch with ease so that you can enjoy better deals and coverage whether you re changing because of better pricing more flexibility or better customer service our sample letter will provide you with the template you need to make the transition as

*a sample letter to insurance company requesting coverage* - Jan 09 2023

web apr 6 2023 a sample letter to insurance company requesting coverage is a template letter that you can use to ask your insurance company to provide coverage for a specific treatment or a medical procedure that is not covered under your current insurance policy

*sample letter requesting health insurance a step by step guide* - Sep 05 2022

web apr 27 2023 a sample letter requesting health insurance is a formal document that an employee writes to their employer to inquire about the company s health insurance plan it usually includes personal information such as name and address and outlines the employee s specific requests regarding healthcare coverage

*letter to insurance company requesting coverage word* - Mar 11 2023

web apr 15 2021 printable word and excel templates letter to insurance company requesting coverage insurance coverage means covering the amount of risk and liabilities with the help of insurance services the purpose of insurance coverage is to protect the individual s future

sample request letter to change insurance policy - Aug 16 2023

web apr 27 2023 learn how to write a request letter to change your insurance policy and ensure that your policy coverage aligns with your current needs discover tips to help you compose a professional letter and get a positive response from your insurance company

**how to write a sample letter requesting proof of insurance a** - Jan 29 2022

web apr 3 2023 learn how to write a sample letter requesting proof of insurance from your insurance provider to help you comply with legal requirements or fulfill insurance related requests from third parties such as hospitals employers

how to write an effective request letter for insurance coverage - Jul 15 2023

web apr 4 2023 first start your letter with a clear opening statement that states your intentions be direct and concise and avoid rambling or beating around the bush for example you could write i am writing to request additional insurance coverage for my home next provide the details of your situation

j explore le monde collections - May 11 2023

web À toi le japon collection j explore le monde author isabelle pouyllau price 12 50

**À toi le japon relié 19 octobre 2011 amazon fr** - Jul 13 2023

web curieuse de l ailleurs de formation anglophone dess de journalisme bilingue à paris iii elle a eu la chance de voyager au japon au sri lanka en nouvelle calédonie au

**tokyo ile İstanbul arası uçakla kaç saat mesafe kaç kilometre** - Dec 26 2021

web amazon in buy a toi le japon book online at best prices in india on amazon in read a toi le japon book reviews author details and more at amazon in free delivery on

**À toi le japon isabelle pouyllau 1 affranchie** - Mar 09 2023

web oct 19 2011 pouyllau isabelle castanié julien ladousse camille devos nils on amazon com free shipping on qualifying offers À toi le japon pouyllau isabelle

quand en japonais toki to tara itsu en japonais guide du - Jan 27 2022

web mesafe sorgulama tokyo İstanbul arası uçuş kaç km tokyo ile İstanbul arası kuş uçuşu direkt mesafe 8946 kilometredir uçak ile tokyo ile İstanbul arası uçuş süresini aşağıdan

japonya türkiye arası kaç km 4321 km - Feb 25 2022

web retrouvez les différentes formes qui permettent de dire quand en japonais toki tara to itsu avec les conjugaisons et des exemples

a toi le japon ladousse camille amazon de books - Oct 24 2021

À toi le japon relié julien castanié camille ladousse fnac - Jun 12 2023

web avec À toi le japon masayuki et tsubaki vous font partager leur mode de vie et leur culture ce documentaire de 40 pages organisé en doubles thématiques entraîne le

**À toi le japon pouyllau isabelle amazon ca books** - May 31 2022

web buy a toi le japon by ladousse camille online on amazon ae at best prices fast and free shipping free returns cash on

delivery available on eligible purchase

**a toi le japon isabelle pouyllau babelio** - Aug 14 2023

web oct 19 2011 découverte du japon grâce à des doubles pages thématiques qui décrivent le quotidien des enfants japonais et abordent la gastronomie la culture ou encore les

**À toi le japon pouyllau isabelle 9782745952035 abebooks** - Aug 02 2022

web découvrez a toi le japon de julien castanié et nils devos et camille ladousse et isabelle pouyllau profitez de notre service de livraison rapide et gratuit sur les

**a toi le japon de isabelle pouyllau livre decitre** - Dec 06 2022

web select the department you want to search in

**a toi le japon hardcover 19 october 2011 amazon in** - Nov 24 2021

web hello sign in account lists returns orders shopping basket

le japon song and lyrics by alatoul spotify - Mar 29 2022

web mesafe ve yakıt detayları japonya ile türkiye arası 4321 km bu mesafe arabayla yaklaşık olarak 1 gün 19 saat sürecektir uçak ile seyahat etmeyi planlıyorsanız 3388 km olan

**À toi le japon** - Apr 10 2023

web avec À toi le japon masayuki et tsubaki vous font partager leur mode de vie et leur culture ce documentaire de 40 pages organisé en doubles thématiques entraîne le

a toi le japon by ladousse camille amazon ae - Apr 29 2022

web alatoul song 2019

**bibliothèques de la ville de paris À toi le japon** - Jan 07 2023

web oct 19 2011 l aspect scientifique est très intéressant avec le côté geek de bee les enjeux féministes et la relation enemies to lovers c est la combinaison parfaite

*a toi le japon ladousse camille amazon com au books* - Nov 05 2022

web a toi le japon enjoying the track of expression an mental symphony within a toi le japon in a world used by screens and the ceaseless chatter of instantaneous

**a toi le japon les Éditions de l hexagone** - Jul 01 2022

web select the department you want to search in

a toi le japon brabantmagazines nl - Oct 04 2022

web a toi le japon book read reviews from world s largest community for readers

**À toi le japon pouyllau isabelle castanié julien ladousse** - Feb 08 2023

web découverte du japon grâce à des doubles pages thématiques qui décrivent le quotidien des enfants japonais et abordent la gastronomie la culture ou encore les loisirs avec

[a toi le japon by isabelle pouyllau goodreads](#) - Sep 03 2022

web découvre la culture et le mode de vie japonais avec tsubaki et masayuki les informations fournies dans la section a propos du livre peuvent faire référence à une autre édition

[how to check bsf payslip bsf employees login page download bsf nic in](#) - Feb 26 2022

web may 23 2023 subsequent to log in payslip bsf you will view three options such as gpf pay slip cpf pay slip and this month pay slip choose current month pay slip view gross and bsf salary per month carry print out of bsf payslip method 2 from bsf gov in aspirants may visit bsf gov in for knowing about bsf gov in payslip

[bsf gov in pay slip login bsf payslip 2022 monthly salary slip](#) - Jan 08 2023

web mar 11 2023 bsf gov in pay slip login 2022 monthly salary slip border security force employee pay slip application form and login website bsf gov in has updated all its features and uses all the bsf employee can check their employee monthly salary slip and payment epf gpf statement through the portal

**bsf payslip 2023 how to check bsf pay slip indiacelibratings** - Dec 27 2021

web apr 6 2023 by logging on bsf portal an employee can see full salary details allowance or other incentives offered by the govt bsf pay slip bsf gov in pay slip login bsf pay slip online download bsf login how to register for bsf salary slip bsf pay slip app download bsf payslip gpf statement

**monthly salary slip bsf pdf full pdf black ortax** - Jan 28 2022

web slip download bsf pay slip monthly gpf bsf nic in payslip bsf may 8th 2018 learn how to download bsf pay slip bgateway com hub bgateway com monthly salary slip bsf 5h badtotcf pdf

[bsf pay slip online download bsf 2023 gpf slip per month](#) - Jul 02 2022

web jul 11 2023 bsf border security force is one of those paramilitary forces guarding borders of our country and as most of our youth is looking forward to join defence forces so bsf is one of them and most of the youths are working really hard

**bsf pay slip 2023 check and download salary slip at bsf gov in** - Jun 01 2022

web sep 7 2023 bsf pay slip 2023 online check download salary slip at bsf gov in find pay chart designation wise view employees admissible allowances

[ssb pay slip 2023 monthly salary slip login ssb nic in](#) - Mar 30 2022

web jul 12 2023 by jiya 12 july 2023 visit ssb nic in to check ssb pay slip also download ssb payslip monthly salary slip ssb online login sashastra seema bal mobile app constable hc si pay scale grade pay details etc

**bsf pay slip online log in download how to check bsf pay slip online** - Jul 14 2023

web mar 12 2023 bsf salary pay slip online 2021 to get bsf pay slip online indian bsf soldiers can easily download their pay slip based on the information given here bsf employees can now check their monthly payment records in online mode

*monthly bsf pay slip 2023 download bsf salary slip app online* - Nov 06 2022

web apr 2 2023 check out the monthly bsf pay slip 2023 salary structure at bsf gov in download bsf salary slip app online login check gpf pf and more

**bsf pay slip download process benefits allowances details** - Aug 03 2022

web jun 6 2023 the indian government has introduced the border security force online portal to provide border security force bsf employees with convenient access to their salary pay slips in digital format all bsf employees can easily download their salary pay slips through this online portal

**bsf pay slip** - Aug 15 2023

web bsf payslip 2023 check your bsf rank wise monthly salary structure pay scale pdf bsf pay slip online login download bsf app from bsf gov in get your bsf pay in one click at bsf gov in this website belongs to the border security force or rather the official portal of bsf

**bsf pay slip 2023 bsf personnel monthly salary slip** - Sep 04 2022

web jul 10 2023 to download the bsf border security force personnel monthly pay slip for 2023 follow these steps visit the official bsf website bsf nic in look for the personnel or employee section on the website s homepage it may be located under a tab or menu titled pay accounts

bsf pay slip 2023 download bsf monthly salary pay slip online at bsf - Mar 10 2023

web may 13 2023 for bsf jawan the govt of india has launched an online portal to provide monthly salary statements online the bsf salary slip has included all the personal information transaction deductions and instalment details on the payslip

**bsf pay slip online 2023 salary slip monthly download login at bsf** - May 12 2023

web sep 9 2023 bsf pay slip download bsf payslip monthly payslip gpf online bsf gov in from the bsf salary slip portal bsf gov in pay slip login any bsf jawan can easily download and check their bsf pay slip or bsf monthly salary slip in this article we provide the complete assistance to easily download bsf pay slip online

*payslip bsf pay slip vikihow* - Apr 30 2022

web jul 13 2023 you can get your online mpptcl payslip monthly annually at the mpptcl website via mptransco in so if you wish to check your mpptcl pay slip then read more mpptcl pay slip 2023 employee pf monthly annual payslip

**how to check your bsf pay slip 2023 a step by step guide** - Jun 13 2023

web bsf pay slip is an online platform that allows bsf employees to access their monthly pay slip and other essential information related to their salary and benefits by following the simple steps outlined in this article you can easily download

your pay slip and keep track of your earnings and deductions

**bsf pay slip 2023 salary monthly online download bsf gov in** - Apr 11 2023

web nov 27 2022 bsf pay slip 2023 salary details monthly online download bsf gov in november 27 2022 by saakshi maurya  
all the employees of border security force are urged to download the bsf employee pay scale details via online mode to  
download the pay slip employees can go to the official web portal i e bsf gov in

**bsf pay slip 2023 monthly payslip gpf online bsf gov in** - Feb 09 2023

web how to download bsf pay slip 2023 online and bsf monthly payslip gpf payscale salary slip statement pdf from the official  
bsf portal bsf gov in

*bsf pay slip 2023 monthly salary slip of bsf personnel download bsf* - Oct 05 2022

web sep 6 2023 for the comfort of the employees all kinds of information will be included in the salary pay slip including  
information about their monthly payment and tax estimate loan instalment if necessary and pf and gf deduction bsf pay  
statement is primarily available from the bsf group

bsf pay slip 2023 salary slip monthly download login at bsf - Dec 07 2022

web mar 2 2023 how to download monthly salary slip of bsf bsf salary payslip is a legal piece of paper of each individual  
force provide details on their monthly salary the slip has the content of all the information and transaction despite this  
installment and deductions are also mentioned on this payslip