

# GLYCEMIC LOAD DIET

**TOP  
50**

LOW GLYCEMIC RECIPES PACKED  
WITH FIBER AND PROTEIN-LOSE  
UNWANTED POUNDS AND KEEP  
YOUR BLOOD SUGAR BALANCED  
EFFORTLESSLY



# Glycemic Load Diet Protein Lose Effortlessly

**Kelly D. Brownell, Mark S. Gold**



**Glycemic Load Diet Protein Lose Effortlessly:**

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