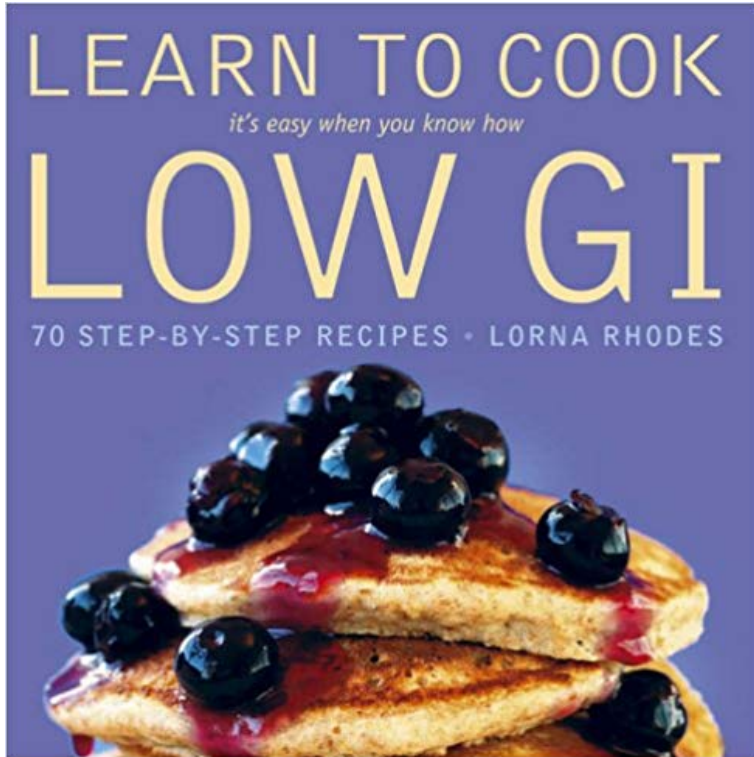


Learn to Cook Low GI: 70 Step-by-step Recipes - Its Easy When You Know How



Eating a low GI diet is one of the healthiest way to lose weight and keep it off, but what if you cant cook? Learn to Cook Low GI will transform you from nervous newcomer to confident cook in days. Packed with advice on store cupboard ingredients, cooking techniques and meal plans, not to mention 70 simple and delicious step-by-step recipes. A low GI diet is the healthiest option when it comes to losing weight, keeping it off and preventing heart disease and diabetes. If you want to sign up to this new diet revolution but dont know where to start when it comes to kitchen know-how -- such as timing, cooking temperatures, basic equipment, or the mysteries of season to taste, al dente and griddling -- this beautifully illustrated book is your answer. The book includes: / 70 step-by-step delicious and simple recipes for complete beginners / 7 days of meal plan suggestions / Recommendations for store cupboard ingredients / How to choose and use kitchen equipment / Cooking terms explained / Top tips to improve your confidence and technique / Beautiful colour photography throughout

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