

**The Low GI Diet Cookbook: 100 Simple, Delicious
Smart-Carb Recipes-The Proven Way To Lose Weight
And Eat For Lifelong Health (Glucose Revolution) By
Jennie Brand-Miller, Kaye Foster-Powell**



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She is a US Air Force veteran who now specializes in using low-carbohydrate nutrition to help people reclaim their vitality through eating delicious, wholesome

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