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500 Low Glycemic Index Recipes

500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss.

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Low Glycemic Impact Recipes - Allrecipes.com

Lemon Chicken Salad. Chicken salad is a great low-glycemic lunch or dinner that you can pair with a tossed green salad, a slice of sourdough bread or some rye crackers. Prepare it ahead and have it ready for lunch the next couple of days! Lemon Chicken Salad Recipe.

Low-Glycemic Recipes for Breakfast, Lunch, and Dinner ...

Our Low Glycemic Diet experts have created dozens of delicious recipes using Fifty50 products and other ingredients with low

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values on the Low Glycemic Index. Come back to this page often, our experts are busy in the kitchen right now transforming more of your favorite recipes into healthy alternatives for your Low Glycemic Diet.

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Low Glycemic Impact Recipes Focused on eating foods on a low glycemic diet? Packed with fiber and protein, we've got 1,000+ flavorful recipes. Inspiration and Ideas Tips & Tricks Braised

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Balsamic Chicken "This recipe is so easy, and delicious too! I've made it for my family several times now and they keep asking for more!"

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A compilation of Dick Logue's two popular books, 500 High-Fiber

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