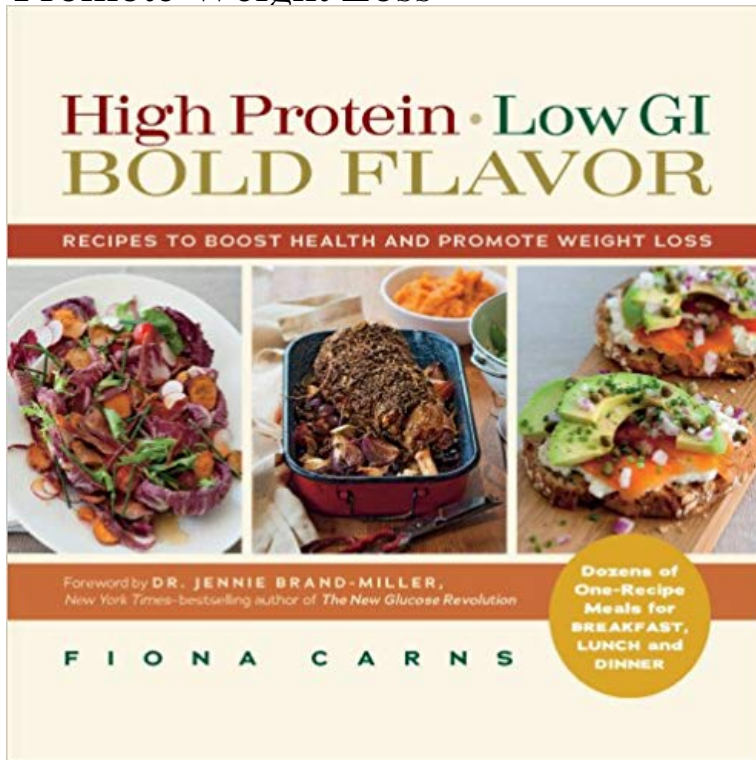


# High Protein, Low GI, Bold Flavor: Recipes to Boost Health and Promote Weight Loss



Here is boldly flavored, nutritious food at the leading edge of the dietary curve. Inspired by her long-standing interest in highly nutritious, waistline-friendly eating, caterer and cookbook author Fiona Carns developed the high-protein, low-GI eating regimen showcased here. High-quality, high-protein ingredients (including lean meats and fish) fill you up without the fat?while low-GI fruits, vegetables, and grains keep you going without blood glucose spikes. Here are dozens of one-recipe meals for breakfast, lunch, and dinner that use minimally processed ingredients (but which are easy enough for everyday cooking)?plus 18 complementary sides and a half-dozen lowfat, low-GI desserts?food that is perfectly suited to our times.

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