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Shake off the Sugar Cookbook

Lynn Stephens

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Shake off the Sugar Cookbook

Lynn Stephens

Shake off the Sugar Cookbook Lynn Stephens
Reap the benefits of controlling your carbohydrates and following a low glycemic dietary lifestyle. The Shake Off the Sugar Cookbook was specially created as a guide for starting and staying on a healthy, low carbohydrate diet. Offering more than 275 scrumptious recipes, you'll find a glycemic index, shopping tips, nutrition information, as well as food exchanges and calorie counts for diabetics and others who need them. Whether you are in need of losing weight, diabetic, insulin resistant, or just want to make healthy dietary changes, this book provides a way to help you with those important lifestyle choices.

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