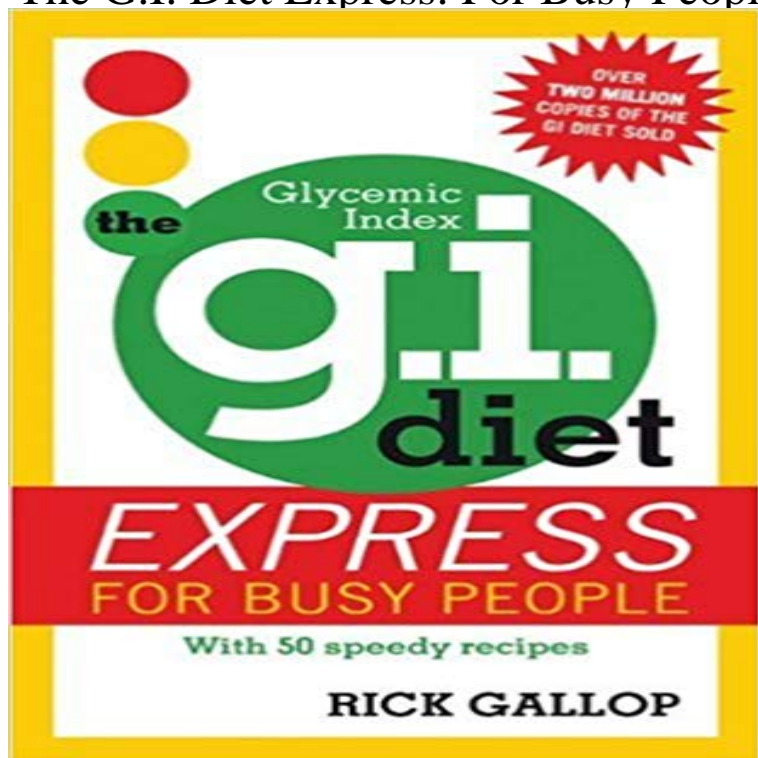


The G.I. Diet Express: For Busy People



In this new book, best-selling author Rick Gallop gives the green light to healthy weight loss even with today's fast-paced lifestyle. Based on choosing foods low on the Glycemic Index scale, here are 50 brand-new super-quick recipes, plus lots of time-saving tips and shopping shortcuts in a handy, accessible format.

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