



# **Shake Off the Sugar Cookbook, Revised: Low Carb & Low Glycemic Recipes for a Healthy Lifestyle**

*Lynn Stephens*

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## **Shake Off the Sugar Cookbook, Revised: Low Carb & Low Glycemic Recipes for a Healthy Lifestyle**

Lynn Stephens

Reap the benefits of a healthy, low glycemic diet with nearly 300 delicious, original recipes. This revised and expanded version of the Shake Off the Sugar Cookbook was created as a guide to help you start and stay on a healthy dietary lifestyle. You will get eating advice, strategies, shopping tips, a glycemic index and a fiber index. Each recipe is followed by nutrition information, food exchanges, and calorie counts for those who use them. The more you know, the better you can make smart lifestyle choices!

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