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Giving the green light to healthy weight loss even with today's fast-paced lifestyle, this guide is based on choosing foods low on the Glycemic Index scale.

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The g.i. diet express: for busy people by rick

The G.I. Diet Express has 22 ratings and 3 reviews. Krista said: This diet is not specifically targeting behavioral problems or neurological disorders. I

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Rick Gallop is the bestselling author of The Gi Diet, Living the Gi Diet, The Gi Diet Shopping and Eating Out Pocket Guide, The Family Gi Diet and Rick Gallop's Green

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Rick Gallop's most popular book is The G.I. Diet: The G.I. Diet Express: For Busy People by Rick Gallop 3.55 of 5 stars 3.55 avg rating 22 ratings

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About the Author. Rick Gallop s bestselling The G.I. Diet was published in 2002 and quickly became the most successful Canadian diet book ever, with more than two

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