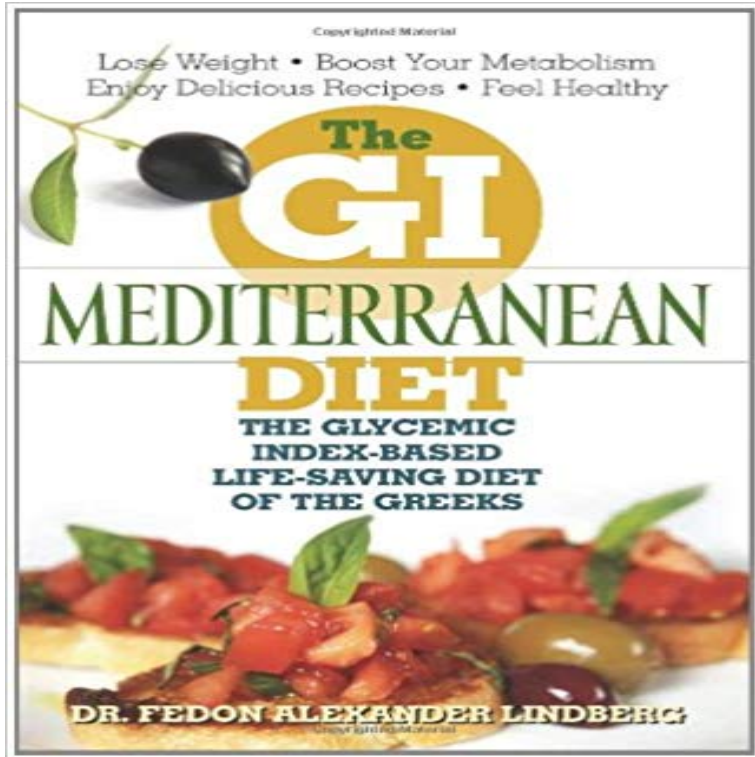


# The GI Mediterranean Diet: The Glycemic Index-Based Life-Saving Diet of the Greeks



UNLEASH THE FULL POTENTIAL OF THE MEDITERRANEAN DIET From salads of tomato, cucumber and feta to savory moussaka and tangy tzatziki, the Mediterranean diets mix of whole grains, fresh vegetables and oily fish has proven incredibly healthy and naturally slimming. Now, this book applies the science of the Glycemic Index to the traditional diet of the Greeks to create an even more powerful program for healthy weight loss. Accounting for the GI/GL effect of each food, the plan in this book maximizes your metabolism by balancing carbs, fats and proteins. The ultimate combination of Old World wisdom and modern science, The GI Mediterranean Diet includes: 48 traditional Mediterranean recipes Easy-to-follow, 4-week meal plans GI/GL rankings for over 200 foods Discover how adding these delicious food to your diet could save your life by helping you: Lose Weight Fight Heart Disease Lower Blood Pressure Prevent Diabetes

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