

Nutrisystem®

The

Low GI Cookbook



90 Simple, Delicious
Good-Carb Recipes to
Complement the
Nutrisystem® Program



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Kaye Foster-Powell, M Nutr & Diet,
and Joanna McMillan, PhD

FORWORD BY BRUCE DADDY, PhD, VICE PRESIDENT OF RESEARCH AND DEVELOPMENT, NUTRISYSTEM, INC.

Nutrisystem The Low Gi Cookbook

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