



Rick Gallop's Express GI Diet for Busy People

By Rick Gallop, Ruth Gallop

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Rick Gallop's Express GI Diet for Busy People, Rick Gallop, Ruth Gallop, Rick Gallop's phenomenally successful "Gi Diet" series has proven to be the healthy way to permanent weight loss for millions of people worldwide. Now, Rick has taken his bestselling formula and adapted it for today's hectic lifestyle. Based on the simple traffic-light system for which foods you should and shouldn't eat, it contains 50 brand-new super-quick recipes as well as time-saving cooking tips and shopping shortcuts making this the perfect diet for anyone who is short of time. Written in an accessible, quick-to-read style, the "Express Gi Diet" will appeal to the millions of people who like their diet advice in easily digestible chunks, who want to eat healthily but can't afford to spend hours slaving away in the kitchen. Fast food has never been so good for you!.



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