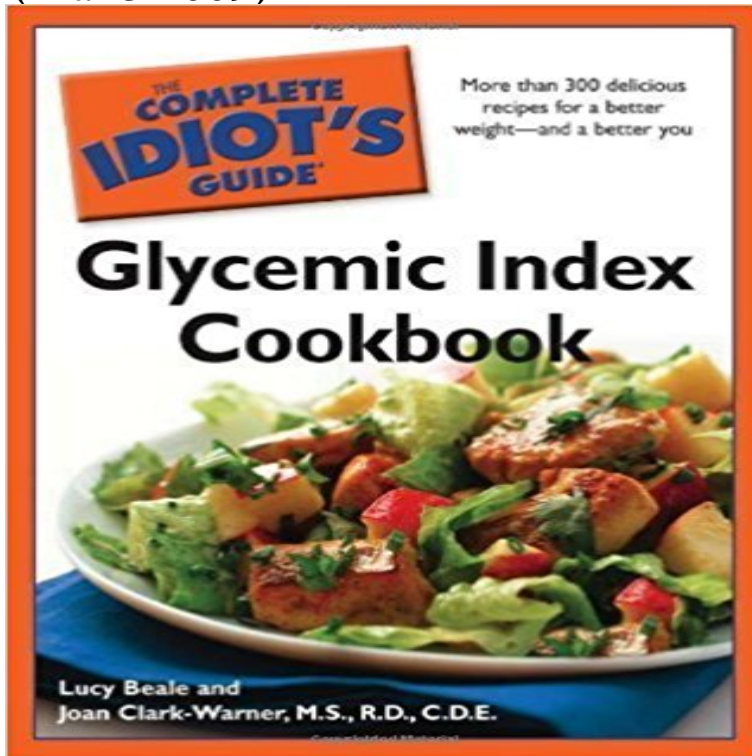


# The Complete Idiots Guide Glycemic Index Cookbook by Lucy Beale (Mar 3 2009)



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