



# **Sugarfree New Orleans, A cookbook based on the Glycemic Index**

*Deanie Comeaux Bahan*

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# Sugarfree New Orleans, A cookbook based on the Glycemic Index

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## **Sugarfree New Orleans, A cookbook based on the Glycemic Index** Deanie Comeaux Bahan

A cookbook that follows the guidelines of the best selling "Sugar Busters " (tm) diet. It also follows the Glycemic Index and includes a copy and description of how the index works. This is a wonderful cookbook for anyone on the "Sugar Busters!" (tm) diet or just trying to watch their sugar intake.

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