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The montignac method - diet review

Michel Montignac is the brains The Montignac Method is a low-glycemic diet that focuses on eating South Beach Diet, Low-Carb Diet, Protein Power

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Michel Montignac. Books (23) Biography; Bookshelf. Anti-cholesterol Diet: More Than 50 Low Cholesterol Recipes by Nathalie Breuleux-Jacquesson and Michel Montignac

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The gi diet - list of low gi foods

High, Medium and Low GI Foods. One of the Internet's most comprehensive lists of foods with their glycemic index. If you are following the GI or South Beach diet you

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