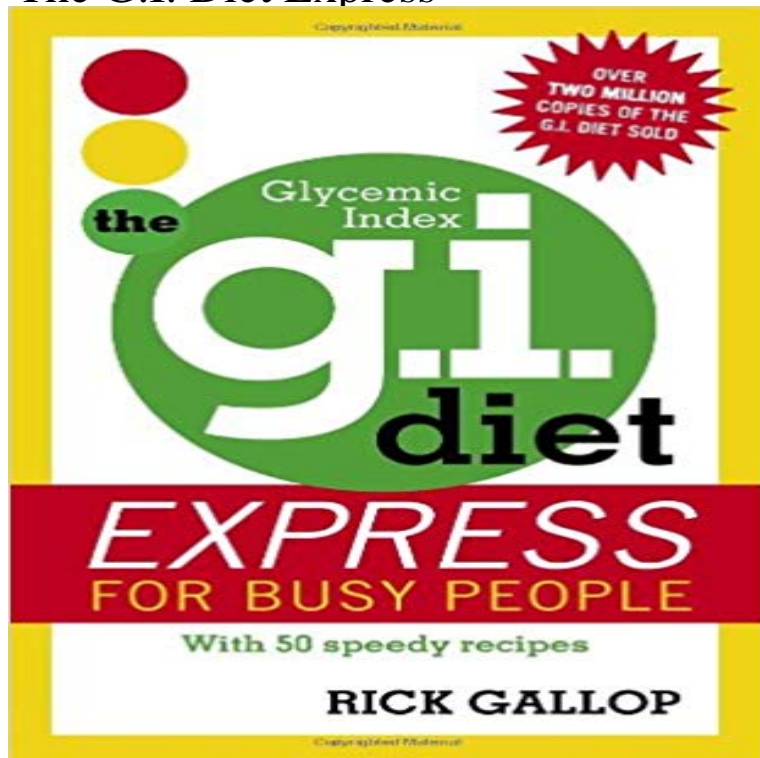


# The G.I. Diet Express



Rick Gallops phenomenally successful G.I. 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 todays hectic lifestyle. Based on the simple traffic-light system for which foods you should and shouldnt eat, Rick Gallops G.I. Diet Express contains over 50 super-quick recipes as well as loads of time-saving cooking tips and shopping shortcuts to make this the perfect plan for anyone who doesnt have the time to manage their weight. Being too busy to diet is no longer an excuse!

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