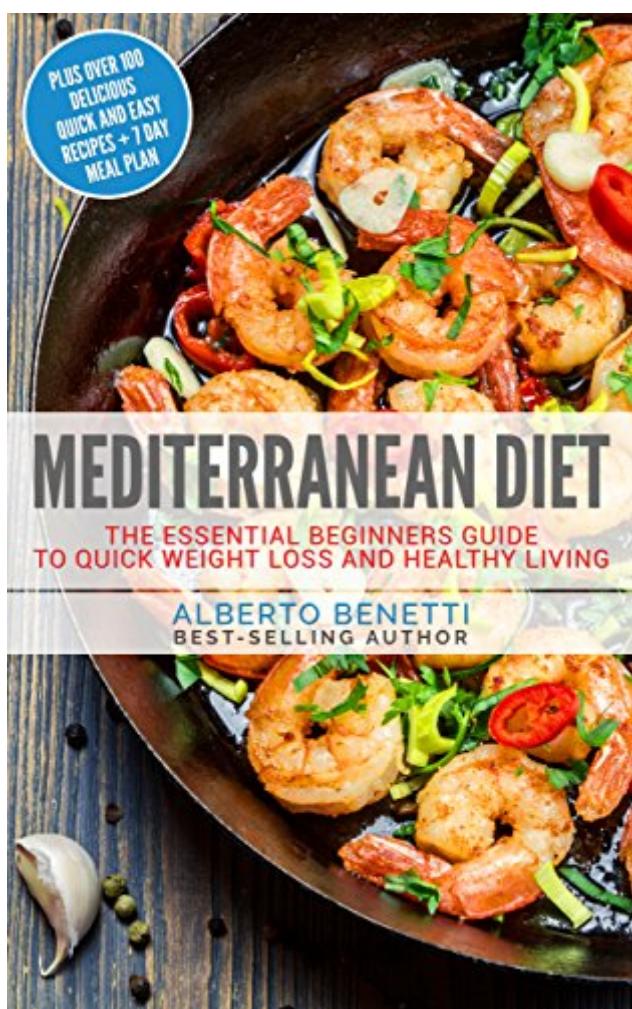


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# **Mediterranean Diet: The Essential Beginners Guide To Quick Weight Loss And Healthy Living Plus Over 100 Delicious Quick And Easy Recipes + 7 Day Meal Plan**





## Synopsis

Do you want everything you need to know about the Mediterranean Diet? Do you want to be able to make healthy Mediterranean Diet recipes but don't want to spend all day in the kitchen? This book could be the answer you're looking for... Mediterranean Diet: The Essential Beginners Guide To Quick Weight Loss And Healthy Living Plus Over 100 Delicious Quick and Easy Recipes + 7 Day Meal Plan

The American people are living just minutes away from dealing with a heart attack and other heart conditions. They spend most of their time eating out, cooking frozen meals, and just avoiding their exercise while dealing with a whole bunch of stress. All of this adds up to the perfect recipe for disaster. It is time to make a change, and not just with meal choices, but also with your whole lifestyle. The Mediterranean diet is the perfect choice to get in better health overall. Whether you are trying to lose weight, prevent diabetes, work on your heart health, or reduce your stress, the Mediterranean diet is the perfect option for you. In fact, studies have consistently shown that this is one of the best diets for helping your heart health, working even better than the American Heart Associations recommendations. This book is designed to empower you by providing quick and easy Mediterranean recipes that don't skimp out on flavor! With Mediterranean Diet: The Essential Beginners Guide To Quick Weight Loss And Healthy Living you'll learn... The REAL Science Behind The Mediterranean Diet

FULL Detailed Macro and Micro Nutritional Information For Each Recipe

Cooking And Preparation Times To Find The QUICKEST And EASIEST Recipes

Over 100 Recipes In Easy to Find Categories PLUS An Easy To Follow 7-Day Meal Plan

Why a Normal American Diet Is so UNHEALTHY

Everything You Need To Know About The Mediterranean Diet To Hit The Ground RUNNING!

Learn How To Make These Delicious Recipes:

- Blueberry Quinoa
- Couscous with Apricots and Pistachios
- Baked Eggs from Tuscany
- Super Simple Tuna Sandwich
- Roasted Chicken, Potatoes and Peppers
- Creamy Risotto with Chicken
- Rigatoni and Cheese Casserole
- Lemon Orzo
- Shrimp
- Baked Tilapia with Feta Cheese
- Spaghetti with Chorizo
- Baked Pasta with Shrimp
- Vegetable Chili
- Grilled Peaches with Yogurt and Honey
- Broiled Figs with Greek Yogurt

And much, much more! Get started on a delicious Mediterranean Diet journey and get your copy today! This book could be the answer you're looking for...

## Book Information

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## **Customer Reviews**

This truly is for beginners and for simple guidelines. This book is perfect to get started eating this way right away. All the work is done for you. If your new to the Mediterranean Diet this book will get you started with easy and delicious meals. Easy to follow recipes easy read.

I'm fan of Mediterranean food and I like this book. It contains instructions and info about Mediterranean diet and a lot of delicious and easy recipes for every day. This meal is very healthy. I enjoy it. Thanks to author.

Overall, the information was helpful. Until you got to the recipes. Starting this diet after the holidays. The book was very informative

Wealth of recipes! My favorite is Risotto, at least I cook it well! Moreover, this book proposes a number of recipes that are suitable for kids!

Exciting recipes! This book is exactly what I was looking for. The recipes are simple to follow and all of the ingredients are readily available in any grocery store. I am going to make an Excel spreadsheet and itemize each ingredient so that I can easily do a weeks worth of shopping. I am really looking forward to starting this plan. Worth recommending to others!

I needed to improve my health. I don't like meat so I want to give a try to the Mediterranean Diet. It seems that studies have shown that this is one this diet is great to improve your heart health, working even better than the American Heart Associations recommendations. I'm giving 5 stars because like Health has no price, this book worth it so much more than 2.99\$

Nor enough basic information.

Good recipes.

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