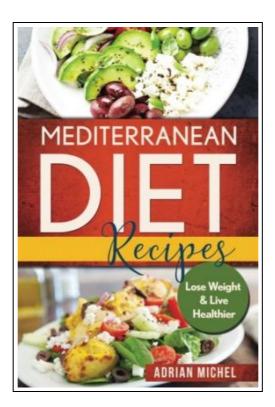
### Mediterranean Diet Recipes: Lose Weight and Live Healthier, Delicious Easy to Do Recipes (Paperback)



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### Reviews

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. The Mediterranean diet is one of the healthiest ways of eating, guaranteeing you will never fall victim many of the worst, most severe illnesses that plague us today. The staples of this diet include leafy greens and non-starchy veggies like eggplants and artichokes, whole grain foods, fish and seafood, and high-quality poultry. The food is enhanced by a multitude of specially selected herbs and spices, and they have generous servings of olive oil. The diet even includes wine - a glass of red wine a day has amazing nutrition benefits. The Mediterranean diet is not just a diet, it s a life-changer. It won t be hard to improve your eating habits and the quality of the food you eat, putting things like white bread, greasy red meat, palm oil and junk food behind you. You Il reap the rewards of the fresh, zesty and mood-enhancing foods and healthy fat. As the focus is on vegetables, this diet is ideal for vegetarians, and there are plenty of vegan dishes too. This book includes an overview of the benefits of the diet, its history, nutrition facts and macronutrients and, of course, the best Mediterranean recipes with required products, directions and nutrition info. You Il be sure to find a favorite! What are the Benefits of the Mediterranean Diet? Mediterranean Diet is loaded with plenty of anti-inflammatory foodsBased on latest research this Diet can PROTECT against the development of heart diseases, depression, cancer, type 2 diabetes and dementia such Alzheimer and Parkinson. Mediterranean Diet and How many calories there is in a...

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