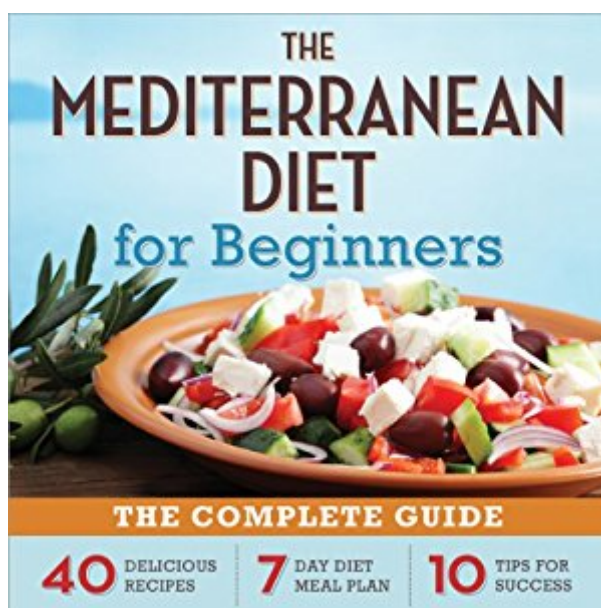


The book was found

The Mediterranean Diet For Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, And 10 Tips For Success



Synopsis

Does your diet leave you feeling restricted and confined? Escape to the healthful and carefree Mediterranean lifestyle. The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. The Mediterranean Diet for Beginners is the complete guide to a new way of living: Wake up on the Spanish coast with a Mediterranean omelet, or take a trip to Tuscany for lunch with a fresh tomato pasta bowl - 40 delicious recipes will whisk your palate away. The 10 Tips for Success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. The 7-Day Diet Meal Plan is about enjoying food and not depriving yourself. Planning a week's worth of meals is easy with not only helpful hints for buying the freshest ingredients to prepare at home but also tips for ordering Mediterranean-diet-friendly dishes while dining out. The Mediterranean Diet for Beginners also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthy antioxidants and omega-3s. The Mayo Clinic calls the Mediterranean diet the "heart-healthy diet" and it's considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, The Mediterranean Diet for Beginners takes you step-by-step into this transformative way of eating and living.

Book Information

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Customer Reviews

Our heart doctor recommended this type of cooking and this book gives easy recipes and the food is good. We looked at other books with weird ingredients and passed them by. This one is a keeper!

This book was recommended by my cardiologist. I had just had a stress induced heart attack at age 58/female. I don't smoke or drink. I have lost 30 lbs following these recipes and feel better than ever. Simple to follow and delicious!

In "The Mediterranean Diet for Beginners" you'll find that exact combination - an easy to follow, no nonsense approach to more healthy eating emphasizing lean meats, lots of fresh fruits and vegetables and little to no processed food along with a lot of references to primary research resources demonstrating the value of this diet. While the obvious chapters organize the book - breakfast, lunch, dinner etc - it also provides some sample daily menu plans, and includes links to those recipes later in the book. In that way, the book allows you a couple different ways to get started along with lots of different combinations and suggestions. The recipes have few ingredients that don't require a lot of shopping or buying ingredients you'll never use again, and are easy to follow regardless of your cooking skills.

The recipes are great and delicious. Just wish there were more of them.

Just as described. Arrived in a timely manner. Very happy with purchase.

I wanted to learn more about the Mediterranean Diet

great place to start with different food choices.

Gives a good description of the diet but wish it had more recipes

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