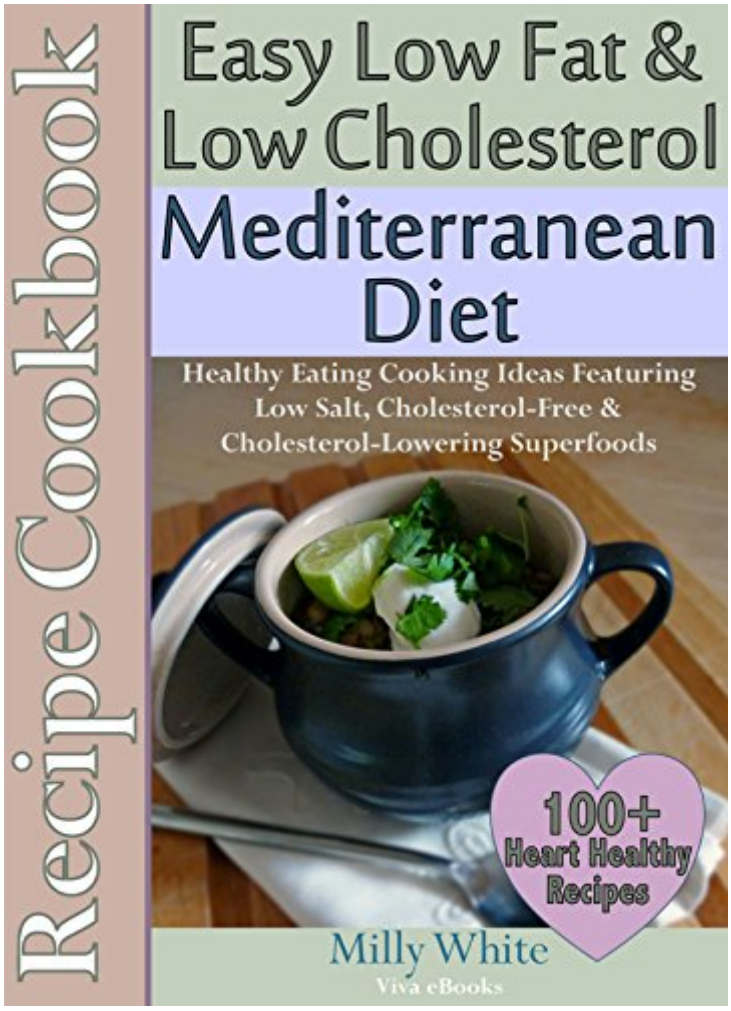
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Synopsis

#1 Best Seller in Low Cholesterol CookingStudies have repeatedly linked the Mediterranean Diet with numerous health benefits including lower cholesterol, a healthy heart and even longer life! This cookbook is for anyone who wants to follow a nutritious, delicious and low fat Mediterranean Diet Plan, whether they also want to lose weight or not. Enjoy the benefits of eating for optimum health, by following a low fat diet with 100+ Heart-Healthy, Low Fat Recipes using healthy, natural, wholesome, delicious ingredients.The Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook features:Over 100 Easy Healthy Heart, Low Fat RecipesLow Cholesterol Diet Meal Plans for Weight Loss Dieting or Weight Maintenance Health EatingEveryday Mediterranean Diet Recipes for One or TwoSatisfying Recipes for Family Dinners, Kids & EntertainingOptions and Recipes for low fat Vegetarian CookingRecipes that use healthy, delicious, naturally cholesterol-lowering wholefoods and superfoods. Low Fat Recipes using Heart-Healthy Natural Superfoods & Wholefoods on the Cholesterol-Lowering Mediterranean DietThis low fat cookbook makes eating and cooking for lower cholesterol so easy and very delicious, whether you are a beginner or more experienced cook. Take a peek at the 'Look Inside' for photographic preview some of the tasty, healthy and satisfying recipes that you will enjoy eating with this cookbook.Packed Full of Useful Information on Low Fat, Low Cholesterol & the Mediterranean Diet The book also provides clarity and simple to understand information about:Cholesterol And The Different Types Of Cholesterol Fat And Cholesterol Eating For Lower CholesterolThe Heart-Healthy Mediterranean Diet DemystifiedCholesterol Busting & Cholesterol Free SuperFoods.Cooking for a Healthy HeartIf you are worried that adjusting your diet to support your cholesterol-lowering goals will be difficult or leave you feeling unsatisfied or deprived, think again. There are tempting and deliciously-good food recipes for Breakfast, Lunch and Dinner along with mouth-watering Desserts and scrumptious Bakes & Cakes. You will find flavourful, cholesterol-lowering, healthy make-over recipes of:Mediterranean Diet Meals including Baked Falafels Pittas with Tzatziki, Bellissima Beef Lasagne and Risotto Primavera American Classics including Cinnamon Apple Pie Pancakes, Quick Eggs Benedict, BBQ Chicken Sliders with Fruity Slaw and 'Hearty' Mac 'n' Cheese Traditional British Pub-Food including London Particular Soup, Shepherds Pie and 'Fish, Chips & Mushy Peas' with Tartare Sauce World Flavours such as Spicy Seed & Carrot Flatbreads, One-Pot Pilaf and Fragrant Chickpea, Pumpkin & Coconut Stew Slow Cooker & CrockPot Specials such as Boston Baked Beans, Chile Blanco and Lamb & Flageolet Bean Ragout Delicious Desserts and Baking including Strawberry & Rhubarb Vanilla Crumble, Ginger, Lemon & Blueberry Swirl Cheesecake and Mini Cinnamon Doughnuts. Resources include:several different two-week Menu Plans to help you get

startedadvice on useful kitchen kit for healthy cooking heart-healthy store cupboard essentials stocking your fridge & freezer.This is a practical, informative and helpful companion will work hand in hand with your plans to bring down your cholesterol.Bonus Booklet GiveawayFor a limited time, download an exclusive & FREE copy of the Low Fat Snacks Recipe Booklet, click on the Look Inside above for details.

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Customer Reviews

A must have in every cook’s library who is serious about delicious food and health.With gourmet type dishes as well as comfort foods such as Mac and Cheese, I will not feel like I am on a "diet to deprive myself." Not only is this a cookbook but covers the question of Cholesterol what is "bad" , types of fats and the benefits of a Mediterranean Diet. Lots of helpful hints in incorporating super foods such as oats and barley and how we can incorporate them into our food regime without feeling deprivedThe best tools are the measurement conversion charts so you are not let wondering what to do, as baking is more of a science and measures need to be exact as well as the calorie, total and saturated fat content in each recipe. The Two Week Meal Planner for female and male

requirements makes planning easy and a delight.I loved the Berry Burst Smoothie although I substituted the soya with almond milk. There are alot of breakfast suggestions and for me personally a non-breakfast eater it was wonderful to have a variety of healthy ideas such as prepared muesli rather than my fallback on just eggs. The London Particular Soup much like Canadian Split Pea Soup and I loved the Spicy Pumpkin and Butter Bean Soup, although I substituted using white navy beans and increased the smoked paprika. The mains will not make you feel deprived, as there are meat mains but with the added benefits of super foods. As well there are suggestions for freezing part of the mains, so when you are short of time for preparing a healthy meal you know you have back up in your freezer. It is great to know that food good for you can taste great!

While low fat recipes are always good and covered here, I was specifically looking for a cookbook that concentrated on cholesterol levels as this is an issue for me and my spouse. This is a great one!The many great recipes included in the book cover every sort of meal and there are plenty of inspiring photos to get your culinary juices flowing. In addition to the recipes, there is some really good, and easy to understand, information on cholesterol. I never really understood the "superfoods" concept but now I do and their role in reducing cholesterol levels.The recipes are fantastic, not faddy or gimmicky, and we made the Cinnamon Apple Pie Pancakes just this morning. Yum!

Wow, this book is incredible. I haven’t had a chance to make anything yet, but it is chock full of recipes and lots of great information about healthy eating and what the Mediterranean diet is. I actually didn’t really know much about the Mediterranean diet before reading this and learned a lot. And, I was happy to see that for many recipes there were adaptations for vegetarians and vegans as well.Each recipe has measurements in US and metric and the instructions seem easy to follow. This is definitely an English cookbook, with recipes like London Particular Soup, Fish Pie with Bubble & Squeak Topping, Fish, Chips, and Mushy Peas, and Banana, Walnut & Carrot Traybake (didn’t even know what that meant till now). As an American, I love the English leaning of this cookbook because I don’t see those recipes everyday - it’s a new culinary adventure for me!There is a lot of information about good & bad cholesterols, lists of super foods that are great for heart health, what healthy staples you should keep in your cupboards and fridge as well as 12 day sample meal plans for men & women. And each recipe has a nutritional analysis so you know exactly what your calorie & fat intakes are.Some of the recipes I’m looking forward to trying:

Cinnamon Apple Pie Pancakes (healthy & drool-worthy!!), Spicy Pumpkin & Butter Bean Soup, Sweet Potato Cottage Pie, Individual Ginger, Lemon & Blueberry Swirl Cheesecakes, and Carrot Cookies. But that's only the short list - there are many more that sound really good.

A wonderful recipe book with some really great material, not just on cholesterol and calories, but food as a whole. Every single page is loaded with information. I love all the foods you find in the Mediterranean Diet, but you still need to find good direction and the proper recipes to truly elevate the wonderful flavors that can be found, and that's where the author has done a masterful job.This cookbook delivers very well on the presentation, directions, and execution. When applicable, you get directions for more than one style of cooking, be it stove-top, oven, or grill. Everything is clear and easy to follow, leaving you confident as a cook. I have had good results with the meal planners that are provided, and I've liked the different calorie plans. They have helped me build a routine, but with a bit of variety. It's been very helpful to have calorie counts with all the recipes.Best part is, the family doesn't even know we are doing this. The Mexican chicken soup w/roasted sweet corn salsa is the winner for a family favorite. But as a cook, and the one in charge of most meals, I gotta go with the Bellissima Beef Lasagna, using dry noodles! This is now the only way we make lasagna.

This cookbook covers it all...from side dishes, entrees, vegetarian dishes to breads, cakes and scones! And each recipe is very low in fat and calories. I've tried several dishes-the Pepper and Bean Chili Pottt and the Lemom and Blueberry Buttermilk Cupcakes (165 calories, only 3 total fat grams), are my favorites.The recipes are very easy to follow and simply delicious. This book is ideal for the entire family to enjoy. My kids loved helping me make healthy meals which is a nice change from eating at restaurants.This is not just a cookbook it is is really a great find. Highly recommended.

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