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Mediterranean Diet: Over 100 Delicious Slow Cooker Mediterranean Diet Recipes - The Essential Slow Cooker Mediterranean Diet Cookbook




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Synopsis

Do you want delicious easy to make Mediterranean Diet slow cooker recipes that the whole family can enjoy? Do you want to be able to make healthy Mediterranean Diet meals but don't want to spend all day in the kitchen?This book could be the answer you're looking for...Mediterranean Diet: Over 100 Delicious Slow Cooker Mediterranean Diet RecipesThe 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 slow cooker recipes that don't skimp out on flavor! With The Essential Slow Cooker Mediterranean Diet Cookbook you'll learn...Detailed Macro and Micro Nutritional Information For Each RecipeCooking And Preparation Times To Find The Quickest And Easiest RecipesOver 100 Recipes In Easy to Find Categories: Chicken, Pork, Beef, Lamb, Pastas, Seafood and Vegetarian DishesA Straight Forward Explanation about the Mediterranean DietThe Benefits Of One Slow Cooker and Slow Cooking TipsLearn How To Make These Delicious Recipes:Chicken with Plum Tomatoes, Kalamata Olives, and CapersButternut Squash Chicken with CouscousItalian-Inspired Spare RibsChicken Stew with Artichoke Hearts, Olives, and CouscousBeef Stew with Balsamic Vinegar and RosemaryGreek-Inspired Beef BitesMoroccan-Inspired Lamb StewLamb Shanks with Zucchini and EggplantsCrustless QuicheCannellini and Kale Stew with FarroShrimp with Feta and TomatoCod, Mussels, and Cod Seafood StewBeef Pasta with Zucchini, Tomato, and CarrotsMediterranean MinestroneAnd much, much more!Get started on making delicious Mediterranean Diet slow cooker recipes and get your copy today!

Book Information

File Size: 5288 KB

Print Length: 154 pages

Page Numbers Source ISBN: 1540498999

Simultaneous Device Usage: Unlimited

Publication Date: November 14, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01MYMCDZ4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

This is one of the best books on Mediterranean diet I have read in years because not only does it contain over 100 recipes of this acclaimed diet but also details the do's and don'ts of slow cooking and the benefits of it. If you are a big fan of this diet then this is the perfect book for you because name it from poultry to all different kinds of meat, this book has it all! A delectable experience indeed and I cannot wait to try them all one by one even if I am not really very good at cooking!

Mediterranean food is very flavorsome. I am pleased that there is a diet that supports this cuisine. Unlike several recipe books I have encountered, this one offers many information on how to use this diet plan. WhatÃƒÂ¢Ã â ¬Ã â„¢s also good with this book is that there is a very thorough description of the cooking and preparation processes. Following these cooking tips will also guarantee my full enjoyment of these hearty meals.

This book has brought together my two loves. I love Mediterranean cuisine, and at the same time, I like to cook in my slow cooker. In this book, I find great recipes that are completely new for me. Until now I have tried some of them, and I'm really pleased. Mediterranean cuisine is for me a very healthy and helpful. The recipes in this book are easy to follow and the ingredients can be found in

any better equipped market. Recommended!

This book aimed to keep us healthy and live well. The recipes are very delicious and easy to make. I would recommend this cookbook to anyone who wants to expand their knowledge of Mediterranean cuisine, or who wants to adopt a healthier diet with the use of their slow cooker. This is a great resource for those who want to experiment by using these flavors in their own dishes.

This is not only a cookbook but also a guidebook too. Here I have found a comprehensive discussion about Mediterranean diet too. This book if fully loaded with tons of delicious and healthy Mediterranean recipes. Most of these dishes are slow cooker recipes so we can cook them very easily. Though I already tried some recipes from this book and I am very pleased because all those dishes were really easy to cook. If you want to lose weight and prevent diabetes, then I will suggest you to follow this diet. I donÃƒÂ¢Ã â ¬Ã â„¢t have any doubt about the quality of this book and itÃƒÂ¢Ã â ¬Ã â„¢s really an awesome cookbook so far.

Impressive! I've been looking for a Mediterranean diet cook book. and I really like this one. This book was a helpful, fun, enticing and informative book. This is no ordinary cookbook, folks. Aside from being chocked full of delicious recipes for any time of day, the book began by explaining the importance, and incredible benefits, of the Mediterranean diet. This book presents this diet as more of a life-style change than a diet. With all of the scrumptious recipes at the end of the book, I was ready to start eating! It sounds like a fun and delicious way to improve health.

Mediterranean diet contains all the righ food choises that we need to keep the body healthy while eating foods that are high in cholesterol. By reading this book, i was able to gather some useful information on mediterranien diet such as why it may be the right choice fo me.This book teaches us how easy it is add the mediterranean diet into our lives and get thaat good health we are always dreaming of.This book has provided over 100 delicious slow cooker diet recipes. easy to follow directions,Great helpful recipes book. Great read.

The Mediterranean diet is a modern nutritional recommendation originally inspired by the dietary patterns of Greece, Southern Italy, and Spain in the 1940s and 1950s.The principal aspects of this diet include proportionally high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products,

moderate wine consumption, and low consumption of non-fish meat products.This book contains 100 Slow Cooker Mediterranean Diet Recipes which are delicious and easy to make.and also the author has shared The Benefits Of One Slow Cooker and Slow Cooking Tips that is very helpful and that has made this book perfect.The descriptions on how to make is pretty clear and ingredient also not difficult to find in local market.My wife was really happy when i show this book to her. and we made Moroccan-Inspired Lamb Stew. that was delicious. we all eat and enjoyed it. specially my 2 years old son really likes it.

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