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Mediterranean Diet For Beginners: Fast And Easy Mediterranean Diet Cookbook And Home Recipes For Weight Loss With Finished Meal Pictures



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Synopsis

Is The Mediterranean Diet for You?Today's special,Ã Â GRABÃ Â this BestsellerÃ Â TODAY ONLYÃ Â for just $3.47 andÃ Â SAVEÃ Â $6.50 (65.2%).RegularlyÃ Â priced at $9.97.If you BUY the Paperback version NOW you are getting the Kindle version for FREE!Ã Â Do you want to live a healthier lifestyle for years to come?Are you tired filling your body with chemicals every time you eat processed foods?Is it time to lose weight, get healthy, and give your family the best possible nutrition?If so, Mediterranean Diet For Beginners is the book youÃ¢â ¬â„¢ve been waiting for.Ã Â People have been eating it for centuries and because of it, they live happier and longer lives.Mediterranean diet can reduce the chance of developing conditions such as:heart diseasetype 2 diabeteshigh blood pressureobesitysome cancersfibromyalgiaParkinson's diseaseAlzheimer's disease...Mediterranean diet represents a healthy lifestyle choice!It is useful for people wishing to lose weight as it is rich in fruit and vegetables and lower in sugars and saturated fats than a typical Western diet.It can reduce the risk of a premature death and increase the chance of a healthy retirement, free from long-term medication.Here Is A Preview Of Healthy Recipes You'll Learn:Mediterranean Breakfast RecipesQuick Mediterranean Lunch RecipesMediterranean Dinner RecipesMediterranean Snack and Dessert RecipesAnd much, much more!DonÃ¢â ¬â„¢t wait another minute to start because it's all about eating well and enjoying life.Get your copy of Mediterranean Diet for Beginners right away!Just scroll up and select the Ã¢â ¬Å“Buy now with 1-ClickÃ¢â ¬Â• Button Ã¢â ¬â œ ItÃ¢â ¬â„¢s quick and easy!YouÃ¢â ¬â„¢ll be so glad you gained this valuable info.

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Customer Reviews

Great Mediterranean diet cook book. The author provides many recipes to choose from and the book is layed out in clear and concise manner. Thanks!

Great for beginners.

I love the recipes

As my wife and I are on a health kick at the moment we have been looking for a cookbook that contains tasty, healthy recipes that are easy to follow and taste great. In this book we think we've found exactly what we've been looking for. The recipes are fantastic and couldn't be easier to cook. The ingredients are easily sourced and they are incredibly tasty. They are healthy and we are already noticing the difference and we have not had the book that long. Give it a try.

Ã Â My life has changed for the better after this cookbook and yours will too.For people who want to change their diet or just get new healthy recipes.For everyone who wants to lose weight but doesn't want to stop eating good food, this is the cookbook you need.Everything is easily laid out to follow and has pictures of finished meals that other cookbooks on , I have found, do not have. My whole family and I are living healthy now because of this cookbook. If you want something amazing for you and your family you know this is the best present you can give them.This cookbook offers 100+ delicious and healthy Mediterranean recipes and for each you will find:1. Picture of a finished meal,2. Prep time,3. Cook time,4. Easy to follow directions5. Nutritional values (this is great if you are looking to lose that unhealthy weight)Great value for the price. Highly recommend!

I have been on the Mediterranean diet for sometime now. I don't do it for weight loss just do it to maintain my weight as I push past 50 and I find this diet offers healthy choices. The author included

a decent intro section on the diet and some useful tips at the beginning and end of the book. Some really simple recipes and some more involved.

The Mediterranean Diet is more than just a ÃƒÂ¢Ã â ¬Ã Å“diet,ÃƒÂ¢Ã â ¬Ã Â• it is a healthy way of life that puts emphasis on fresh, wholesome foods, and moderate amounts of dairy produce and healthy fats. It differs from a vegetarian or vegan diet because it does not restrict meat entirely but rather reduces the amount that is consumed on average. And if we are going to be honest with ourselves, that canÃƒÂ¢Ã â ¬Ã â„¢t be a bad thing.Mediterranean Diet: Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss, is well written and nicely presented. It would make an ideal book for the beginner or anybody interested in this healthy lifestyle.

I have been on a few Mediterranean holidays and my husband and I have always enjoyed the food. My usual cooking routines have been passed over to my husband because things have been pretty hectic for me. So when I came across a book that was for beginners I decided to give it a try. I was pleasantly surprised when the book started with one of my all time favourites, Mediterranean Hummus. There was also an appetising image and some useful information along with the all important ingredients and directions. The book had me hooked from the first recipe and it continued to delight me all the way through.The level of instruction and engagement were just right. The book covers all meals each one clear and easy to follow and understand.One of the things I really loved about the book was that the ingredients are all things I recognised and easily became part of my shopping list.My husband and I have been enjoying the wonderful weather along with our new easy to follow recipes.My new favourite recipe was a strawberry chicken avocado salad with balsamic dressing it is a treat for the eyes and the palate.A fantastic book, created with great care and shows effort put into encouraging you to engage and try these delicious recipesI liked the book so much that I had it in my Kindle unlimited library and I decided to purchase it.

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