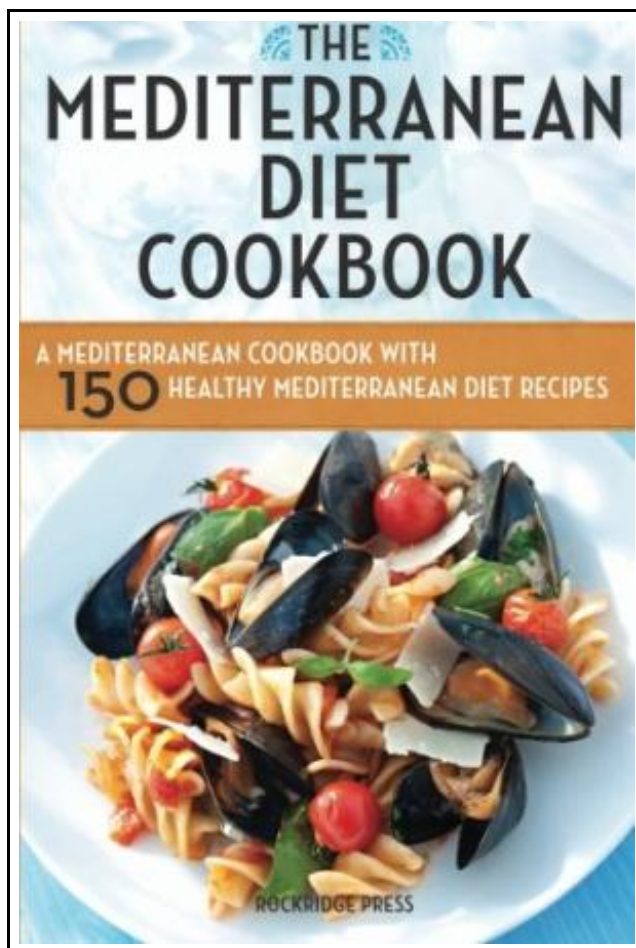


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Reviews

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(Mitchell Kuhn III)

THE MEDITERRANEAN DIET COOKBOOK: A MEDITERRANEAN COOKBOOK WITH 150 HEALTHY MEDITERRANEAN DIET RECIPES



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Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Live well the Mediterranean way with The Mediterranean Diet Cookbook: A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes. The Mediterranean Diet Cookbook is a comprehensive collection of 150 healthy and easy-to-follow recipes featuring delicious breakfasts, salads, soups, seafood and meat dishes, snacks, desserts, and more. You ll be introduced to a new world of cooking with the freshest ingredients, herbs, and spices to create unparalleled taste sensations. Let The Mediterranean Diet Cookbook be your guide to healthy eating: * 150 recipes, including such mouthwatering creations as Apple and Tahini Toast, Nicoise Chicken, Bouillabaisse, Couscous with Apricots, and Red-Wine Poached Pears. * A Mediterranean diet is a great choice for losing weight simply, without complex plans and tedious calorie counting. You ll naturally maintain a healthy weight by eating foods that are rich in nutrients and low in fat--all without sacrificing flavor. * Improve your heart health and mood, and think more clearly with these super-foods packed with omega-3s, antioxidants, and fiber. * The recipes offer numerous, delicious choices in every meal category to plan Mediterranean breakfasts, lunches, snacks, main courses, and desserts that your family and friends will love. Experts worldwide have recognized the traditional diet of people in the Mediterranean region for its health benefits. U.S. New World Report ranks the Mediterranean diet highly in the categories of Best Diets Overall, Best Diets for Healthy Eating, and Easiest Diets to Follow. These delicious whole foods, high in disease-fighting phytonutrients and antioxidants and low in carbohydrates and fats are proven to reduce the instances of cancer and cardiovascular disease. The Mediterranean Diet Cookbook: A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes is your gateway...



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