



**Mediterranean Diet: A Beginner's Guide to the
Mediterranean Diet with 30 Easy to Follow
Recipes (Mediterranean diet, meal plan, recipe
book, beginner's ... recipes, mediterranean foods
Book 1)**

Jennifer Jones

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Learn to eat healthier with the Mediterranean Diet

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DIET. The word itself just looks ugly, and it often conjures images of nasty food, frustrating battles in trying to lose weight, and an endless cycle of quitting and restarting. Did you know that there are foods that allow you to have a full plate and still reap health benefits? This book will tell you all about different dishes from the Mediterranean region that will make dieting delicious and effective.

Here's a Preview of What You Will Learn

- * What is the Mediterranean Diet?
- * Reasons to try it
- * Key ingredients for the diet
- * Recipes for appetizers, entrées, and more
- * Healthy Mediterranean desserts

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Comments From Other Readers

“Let’s face it; dieting is frustrating! I was tired of feeling like I was starving myself and choking down paste,

only to have little to no change in my weight. I threw in the towel more times than I care to admit. This book showed me foods I had never even heard of before, and this diet is great! I am feeling healthier than I ever have before and still feel like I'm eating an actual meal." – Jeremy B. (Milton, USA)

"I'm kind of a health nut myself, so I'm always interested in seeing what the latest diet trends are in the world. This Mediterranean thing may very well catch on. I have tried some of the dishes in this book myself, and I'm here to tell you that it barely feels like dieting, but it's still healthy!" – Mike G. (Hershey, USA)

"These dishes are delicious and healthy at the same time. A lot of people seem to forget that the two aren't mutually exclusive! Right down to the desserts, this book lists some great Mediterranean food to incorporate into your diet without throwing off any health plan you may have set for yourself." – Elisabeth S. (Glasgow, UK)

Tags: diet, food, Mediterranean diet, Mediterranean food, healthy foods, meal plan, recipe book, beginner's guide, cookbook, weight loss, Mediterranean recipes

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