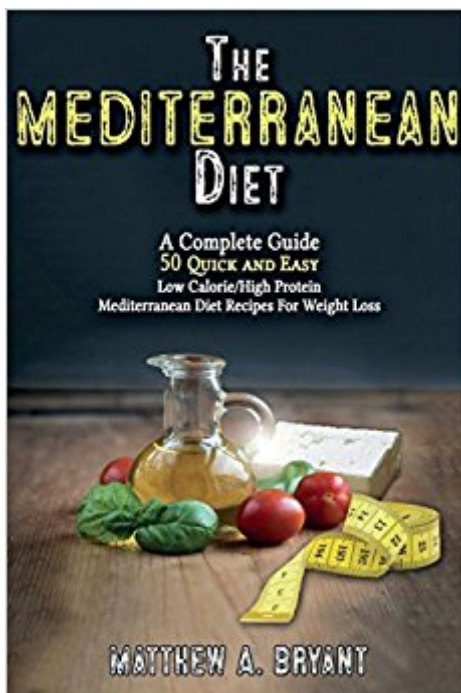


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# The Mediterranean Diet: A Complete Guide: Includes 50 Quick And Simple Low Calorie/High Protein Recipes For Busy Professionals And Mothers To Lose Weight, Burn Fat, Reduce Stress, And Increase Energy



## Synopsis

What if I told you this book could reduce your risk of Cancer, Diabetes, Heart Disease, Parkinson's Disease, Alzheimer's, and Obesity? The nutritious, low-fat foods featured in the Mediterranean Diet are rich in disease-fighting, heart-healthy antioxidants and omega-3s. Diseases that have been scientifically linked to a person's diet (Cancer, Diabetes, Obesity, Heart Disease, etc.) are at all-time high. Millions of people have found a way to naturally reduce their risks of these diseases by switching to the Mediterranean Diet. Do you want to eat great and be healthier than you've ever been? Are you sick and tired of trying diets that don't work? Are you tired of having to constantly starve and deprive yourself on other diets and still not see the results you want? Are you tired of counting calories and cutting carbs? If so, it's time to try the Mediterranean Diet! This book contains the history and science behind the Mediterranean Diet. Why does it work? How does it work? It's all here! There are also 50 quick and simple high protein, low carb recipes to help you lose weight while eating great tasting, fresh foods. All you have to do is follow the recipes in this book and you are well on your way to increasing your overall health, increasing energy levels, burning fat, reducing stress, and way too many more benefits to list! Here Is A Preview of What You Will Learn - What is The Mediterranean Diet? - The Mediterranean Diet Food Pyramid - The Science Behind the Mediterranean Diet and Why it Works - The MANY Benefits of the Mediterranean Diet - Mediterranean Diet Myths - How to LOSE WEIGHT with the Mediterranean Diet - A Mediterranean Diet Shopping List to Get Your Kitchen Stocked - A Weekly Mediterranean Diet Plan - 50 Delicious, Quick, and Simple Mediterranean Diet Recipes Stop wasting your time and hard earned money trying diets that don't work! The Mediterranean Diet has been working for the people in the Mediterranean for centuries and now it can work for YOU, too! Order Your Copy Today and Start Living a Healthier Life with the Mediterranean Diet!

## Book Information

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## Customer Reviews

Matthew Bryant is a Mediterranean Diet aficionado and can't get enough of it. He is a raving Mediterranean Diet follower and has never felt healthier than he is now. He recently traveled to the island of Cyprus in the Mediterranean to do some in-depth research on the science, the benefits, and even some traditional Mediterranean Diet recipes. He lives, eats, and breathes the Mediterranean Diet and now you can benefit from his expertise!

This book begins by explaining what a Mediterranean diet is and then goes on to list the many benefits. The author dispels some of the myths associated with the Mediterranean diet too, while presenting information found in various studies. I liked that the author has created a comprehensive list of essential items followers of a Mediterranean diet should keep on hand. This makes it super simple to add to grocery lists. There are also plenty of additional tips and advice included in this book. The weekly diet plan includes plenty of simple recipes that use easy-to-find ingredients, which to me is extremely important. I dislike having to hunt down hard-to-find ingredients in order to follow a recipe! This book is well worth the download!

This is a very practical, very easy to follow book with great photos and recipes with all the ingredients very clearly marked. I loved it and am looking forward to making several of the recipes that I read about. It also gives a good explanation of what the Mediterranean Diet is and why it is good for you. I loved it and I recommend it to anyone who is looking to eat healthier.

being new to this diet, this was a great intro book, excellent for someone just starting out with this lifestyle. Simple and easy to understand.

This book contains a delicious collection of tasty mediterranean recipes (for breakfast, lunch, and dinner) that are very easy to prepare. Most of the ingredients are easily accessible, and the directions are clear and easy to follow.

I am totally satisfied with this book. The recipes are very easy to make and incredibly elegant. The pictures of each recipe help you a lot to get a good idea of how your finished recipes will look.

This is a great book on eating Mediterranean! To think we can eat like this, enjoy the food and lose some weight in the process. Amazing!

This book was very user friendly. Perfect for a beginner, and not too overwhelming as some books. I highly recommend to anyone who is starting the Mediterranean Lifestyle or to anyone who wants to know more.

This book was easy to follow, straight to the point and very informative. Recipes were within the scope of a beginner. I enjoyed it very much.

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