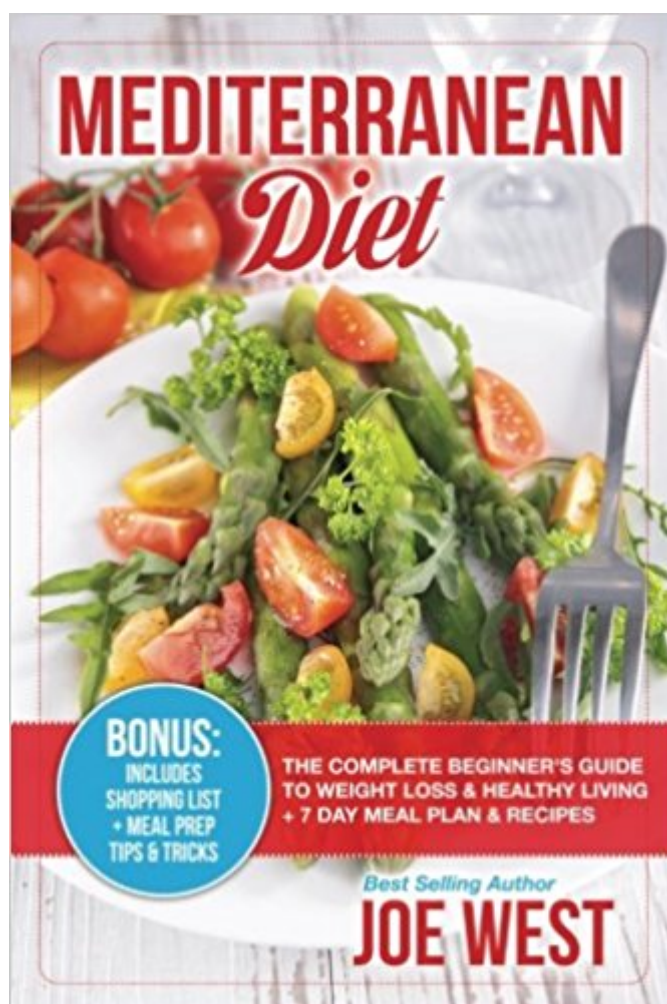


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# Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes (Healthy Heart, Weight Loss, ... Diet For Beginners, Slow Cooker)





## Synopsis

Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes **\*\*BONUS\*\*** Buy a paperback copy of this book NOW and you will get the Kindle version Absolutely FREE via Kindle Matchbook. The Mediterranean diet is comprised of food that comes from an expansive region including Spain, southern Italy, Greece, Monaco, France, Turkey, and parts of the Middle East. This means that there are nearly endless food choices that make dieting easy, fun, and new. You don't have to put so much focus on what you can't have because there are so many foods that you can enjoy. In fact, the staples of Mediterranean food include olives and olive oil, wheat, fresh produce, and wine. Yes, that is right - wine. On this diet, having a glass of red wine with dinner is not only okay but is part of the meal plan! Although, if you are averse to alcohol, you can leave out the red wine and still have all the same great results. This diet will not only help you to lose weight but will transform the entire way you look at your health and wellness for the better! Here Is A Preview Of What You'll Learn... Why The Mediterranean Diet? Mastering The Mediterranean Diet Benefits Of The Mediterranean Diet? The Science Behind The Mediterranean Diet 7-Day Diet Plan For Weight Loss 7-Day Meal Plan BONUS: Shopping & Meal Prep Tips & Tricks And Much Much More.. Hurry! For a limited time you can download "Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes" for a special discounted price. Just Scroll to the top of the page and select the Buy Button.

## Book Information

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Food & Wine > Special Diet > Heart Healthy #1037 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding](#)

## Customer Reviews

Following a particular diet for a week is a good way to try out any new diet program. I have been trying out several Mediterranean recipes and I can say that I love the flavors offered by this cuisine. It is good to have a daily menu to follow like the suggestions in this book. There are also some tricks on the ingredient selection to achieve that authentic Mediterranean flavor. The meals plans are very simple and I guess I can follow this successfully for a week.

Being a chef is an extraordinary job like I'm tasked to do a Mediterranean Meals but I do not any idea about this kind of variety of food. Mediterranean is consisting food from Italy, Greece, Monaco, France, Turkey and part of the Middle East. I can choose which of these countries should I represent in my dish. There are advantages of following this diet like it will make your bones stronger and it is low in processed sugar. This is a healthy diet that should be followed.

I have been looking for a Mediterranean diet book and I really like this one. This is well written and easy to follow book. It has a number of menus and interesting recipes which you will definitely enjoy. If your are new to the Mediterranean Diet, this book will get you started easily.

Wonderful book, definite high 5 Stars! This book provides info on what the Mediterranean diet is, what to eat and how to prepare foods in the diet and also some recipes and meal plans. The Mediterranean diet unlike so many others is not a fad or crash diet, it's a whole lifestyle. Very healthy and something you can stick with for life!

Impressive recipes! This book clearly outlines what the Mediterranean diet is and how to follow it. It also has a number of menus and interesting recipes. I would recommend it for anyone who, like me, would just like a brief outline to help me keep on track as I adopt the Mediterranean diet as my preferred lifestyle. Really worth recommending to all!

The author makes the diet easy to follow and understand. I appreciate the vegetarian options provided. Can hardly wait to start it.

Very small book for the price. Would have returned it if I hadn't gotten it for free with my points.

Does contain basic info.

My friend recommended this book to me as she is a fan of Mediterranean diet, and I could say that I am delighted that she told me about this book because I found out that this diet can help improve the stability of one's mood, it's great for heart health and promotes strong bones amongst its health benefits. Helpful tool for one's health.

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