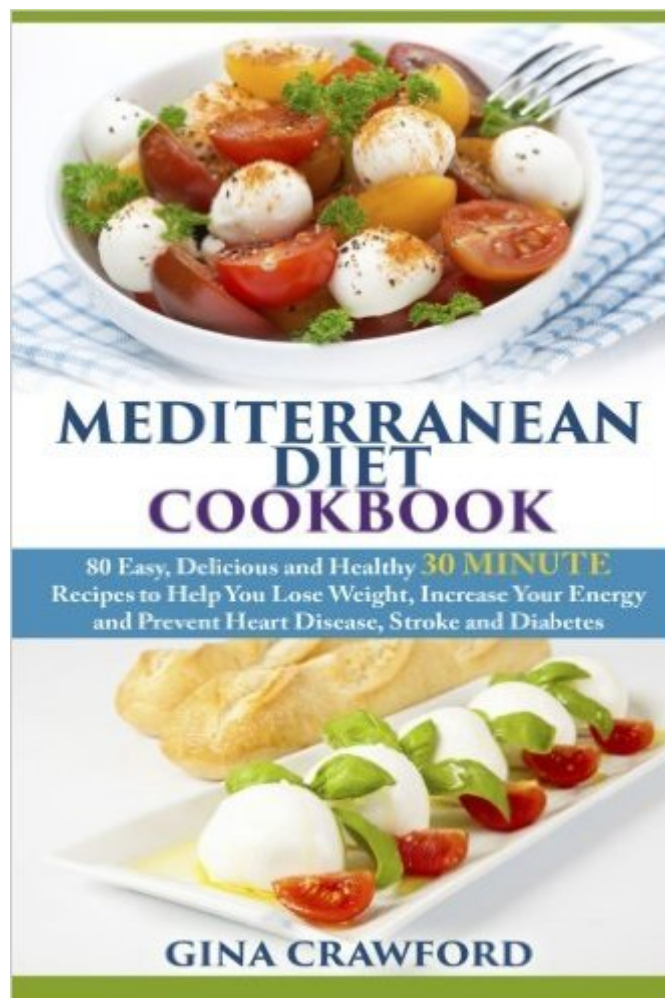


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# **Mediterranean Diet Cookbook: 80 Easy, Delicious And Healthy 30 MINUTE Recipes To Help You Lose Weight, Increase Your Energy And Prevent Heart Disease, Stroke And Diabetes**





## Synopsis

Mediterranean Diet Cookbook - The "Gold Standard" way of eating for a long and healthy life! This complete Mediterranean diet cookbook has everything you need! Inside you'll find 80 quick and easy 30 MINUTE recipes for breakfast, lunch and dinner.....PLUS delicious salad recipes, side dishes, snacks, dressings, dips and sauces. The Mediterranean diet is the healthiest, most well-respected and scientifically documented diet in the world. The Mayo Clinic called it a "heart-healthy diet." The recipes included in this Mediterranean diet cookbook are authentic Mediterranean diet recipes that are made with whole natural foods. Stop eating foods that hurt you instead of help you! Eat the Mediterranean way to create a body and life that you love! The Mediterranean diet is a way of eating that is based on the traditional dietary patterns of the countries that border the Mediterranean Sea such as Greece, Spain, Israel, Southern Italy and France. The most authentic form of the Mediterranean diet dates back to the 1950's and 60's during which the Seven Countries study led by Ancel Keys discovered that the healthiest ranking area of the study was the Greek island of Crete. Nowadays there is many a Mediterranean diet cookbook on the market that claims to contain authentic Mediterranean diet recipes. Problem is, Mediterranean diet recipes have become generalized and westernized so what some people think of as suitable recipes for a Mediterranean diet cookbook, really are not. The Mediterranean Diet Cookbook: 80 Easy, Delicious and Healthy 30 MINUTE Recipes to Help You Lose Weight, Increase Your Energy and Prevent Heart Disease, Stroke and Diabetes is unique in that it only includes Mediterranean diet recipes that stay true to the dietary eating habits of the people of Crete during the 50's and 60's. The Mediterranean diet will help you: Eat a well-balanced diet of whole natural foods Lose weight Increase energy Prevent heart disease, diabetes, arthritis, Alzheimer's, Parkinson's and cancer Lower cholesterol levels and blood pressure Improve cardiovascular health Improve brain and eye health Eat foods that are extremely low in saturated fats Eat foods that are high in good fats and dietary fiber .....and much more! The Mediterranean diet encourages eating a variety of foods in moderation rather than restricting foods. Some of the key elements of the Mediterranean diet include eating lots of fresh fruits, vegetables and whole grains, making olive oil your primary source of monounsaturated fat and consuming fish and seafood regularly for their omega-3 benefits. The Mediterranean diet cookbook includes recipes like: Mediterranean Pizza Omelet Mediterranean Breakfast Wrap with Spinach and Fresh Basil Asparagus and Garlic Calzone with Pizza Sauce Greek Salad with Chicken Mediterranean Style Grilled Salmon with Basil Sun-dried Tomato Pesto Mediterranean Creamy Panini Roasted Bell Pepper and Artichoke Pasta Salad Shrimp in White Wine with Penne Pasta Mediterranean Chicken Gyros Baby Tiramisu Frosty Almond Date Shake

Greek Saganaki Greek Feta and Olive Spread Avocado and Tuna Tapas .....and more! You'll get easy 30 MINUTE recipes for every meal: Mediterranean diet recipes for breakfast, lunch, dinner Mediterranean diet salad recipes and side dishes Mediterranean recipes for snacks, dressings, dips and sauces Get lean & healthy TODAY with the Mediterranean Diet Cookbook! PICK UP YOUR COPY TODAY!

## **Book Information**

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## **Customer Reviews**

No photos (although it's not like I expected a lot for the price). No nutritional info on recipes. It has some good general info but I can't say I have even tried any of the recipes. I have purchased three Mediterranean Diet cookbooks and been disappointed in each one.

Not good. Very basic. No pictures. Waste of money.

A great collection of every mediterranean diet staple you could think of. From breakfast, to brunch, to lunch, to snacks, to dinner, to desserts, and dont forget the wine. This book is a slid cookbook for anyone looking to explore the mediterranean diet a bit more. It has been found that this is one of the healthiest diets, while also being one of the most inclusive. I've done it for a while and the food is delicious. Makes me wish i lived in the mediterranean as i bet their ingredients are better than the ones we get in the states. Pick this book up! You Wont Regret It!

This book has provided me a very rich option to clean diet. I must admit that I'm a fast food chain

fanatic but now that I'm doing almost 360 degrees diet change and I'm just happy that at the very least I get to try veggie and oatmeal options, which, after all are nutritious and yummy. This cookbook helped me a lot to try out different recipes, all procedures are easy to follow and I didn't have difficulty getting the ingredients, although for some I did alternatives. All in all, this book is a very helpful source!

For me, this book is really amazing and interesting because it introduces a unique diet that is more of a lifestyle. Mediterranean diet differs from other diet plans in a number of ways. First, it does not only make you lose weight but also it provides you more energy and improves your overall health. Second, this diet allows you to eat almost everything, even sweets! In fact, the foods allowed on this diet are the ones you are already eating, the only change you have to do to make it Mediterranean is to consume or follow the proper servings of different kinds of foods in the Mediterranean pyramid. Lastly, as mentioned earlier, it is more of a lifestyle than a diet, so, you can continue to use this diet plan for the rest of your life even though you've already achieved the weight and the physique that you want. For those who are looking for a diet that is easy to adapt and provides lots of benefits, Mediterranean diet is definitely the perfect one for you.

Although I read this book from a friend's Kindle device and do not own it ; I feel that I have to write a review. Some of these recipes are absolutely amazing and rare to find. I come from Greece ,a Mediterranean country ,and find the Mediterranean diet to be one of the best in the world(probably the best !). It is nice to have so many recipes in one book and have the option to mix and match. Good job!

Easy to follow and the whole family loves the food. I have picky eaters and this isn't just a diet for weight loss but for whole health. Fun and easy to make food that you can easily find in any store. No special food store shopping here. My daughter loves she can help as well as my granddaughter. Very happy and feeling a lot better. I sleep better and have more energy. No hip just good food.

I really like this cookbook quite a bit. There is an absolute ton of delicious recipes, many of which I've never seen before anywhere else. Many people believe that healthy food has to be bland and boring, but the Mediterranean diet proves that that is absolutely not the case. If you're looking to eat a more balanced and healthy diet, as well as live a more healthful lifestyle in general, but don't want to sacrifice delicious foods, then I would highly recommend this book

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