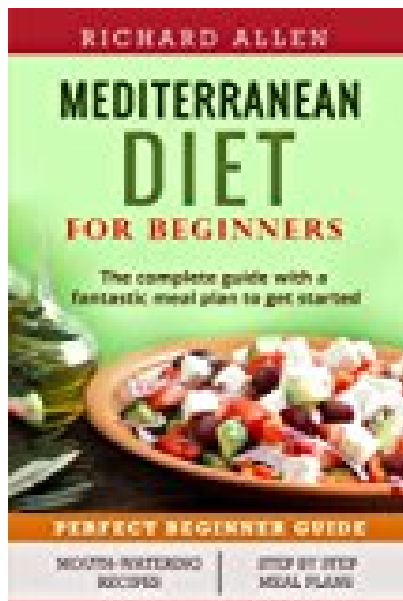


# Mediterranean Diet for Beginners The complete guide and a fantastic meal plan to get started

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## BOOK DETAILS

- Author : Richard Allen
- Pages : 60 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544057571

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## BOOK SYNOPSIS

Does your diet leave you feeling restricted and confined? Escape to the healthful and carefree Mediterranean lifestyle. The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. The Mediterranean Diet for Beginners is the complete guide to a new way of living: Wake up on the Spanish coast with a Mediterranean Omelet, or take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl--40 delicious recipes will whisk your palate away. The 10 Tips for Success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. The 7-Day Diet Meal Plan is about enjoying food, not depriving yourself. Planning a weeks worth of meals is easy with not only helpful hints for buying the freshest ingredients to prepare at home but also tips for ordering Mediterranean-diet-friendly dishes while dining out. The Mediterranean Diet for Beginners also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthy antioxidants and omega-3s. The Mayo Clinic calls the Mediterranean diet the "heart-healthy diet," and its considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, The Mediterranean Diet for Beginners takes you step-by-step into this transformative way of eating and living. Start living the Mediterranean lifestyle today with The Mediterranean Diet for Beginners: The Complete Guide--40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success.

### **MEDITERRANEAN DIET FOR BEGINNERS THE COMPLETE GUIDE AND A FANTASTIC MEAL PLAN TO GET STARTED**

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