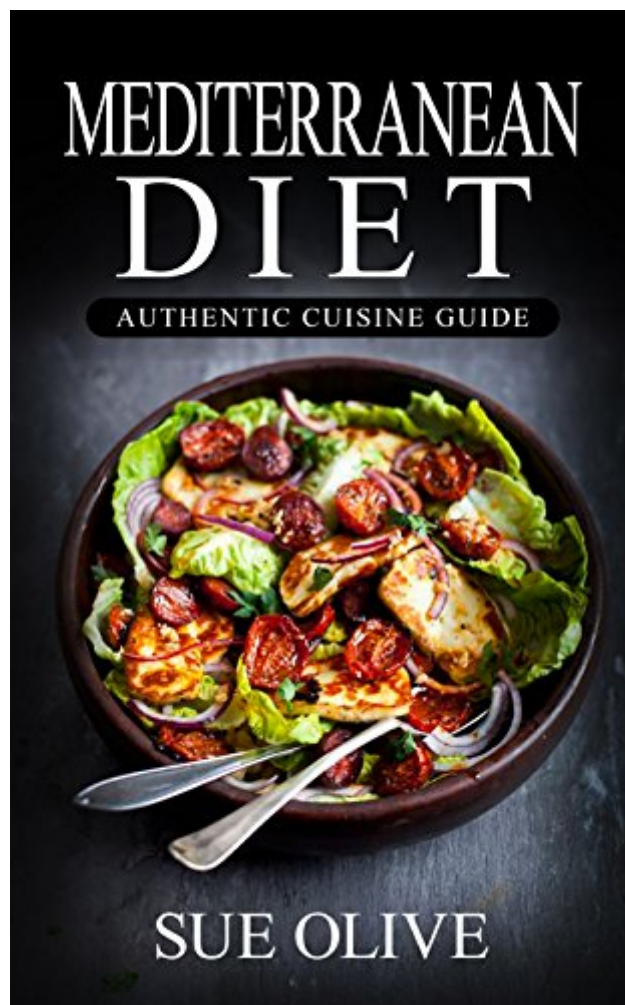


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# **Mediterranean Diet: The Beginners Guide To Authentic Mediterranean Cuisine (Over 100+ Recipes & 1 FULL Month Meal Plan For Healthy Weight Loss, Cookbook Guide)**



## Synopsis

Immerse yourself in Rich Cultural Cuisine with these 100+ Authentic Mediterranean Recipes and 1 FULL Month Meal plan!The "Mediterranean diet" involves diets found in countries such as Croatia, Italy and Greece and represents a variety dishes using similar ingredients and preparing with a creative unique regional flair. Abundant in olive oil, fresh fruits, cheese and yogurt. The food and the culture are interwoven inseparably. We learn what good food is from elders, who have learned the same thing themselves from previous generations. The result?Genuinely Delicious, Culturally Rich Mediterranean Dishes for you to enjoy!Download The Mediterranean Diet and Dine in true Grecian Style with these mouthwatering master pieces, passed down from generation to generation:Brussels Sprout Sandwich with Garlic and CheeseEggs with Red Peppers and ZucchiniFluffy Cheese PieGood Morning French ToastPancakes with Sour Cream Cheese and HoneyPork Tenderloins, Bell Peppers and Mushrooms StewBeef Stew with Porcini Mushrooms and BeerGalician Ginger Carrot SoupChristmas Red Cabbage with ChorizoClassic Mediterranean Tomato-Spinach SoupNoodles with OctopusSicilian Beef Soup with CabbageGrilled Bread with Peas and Shaving ParmesanPurple Beetroot ChipsRaw Kohlrabi Dip with TahiniRoasted Carrot ChipsRoasted Herbed ParsnipsRoasted Sour Kale-Cashews ChipsSimple Baked Apple CakeToffee ApplesTraditional BaklavaTuscan Chestnut Rosemary CakeVillage Hot Milk CakeThis is just a taste of the recipes included in this book.FULL nutritional breakdown in all the recipes so you can keep track of your calories!...Get your apron on and start your culinary journey today!...

## Book Information

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## Customer Reviews

I think this book to be one of the best diet book I have read. I have found some information about healthier lifestyle and the benefits of Mediterranean diet are undeniable. This book will lay out easy to prepare recipes and now I choose my favorite recipes to be Mediterranean diet-friendly. I understand that choosing Mediterranean diet I can have simple, easy and incredibly healthy. If you desire to lose weight, strengthen your digestive system or even boost your overall health, Mediterranean diet is key. Recipes are delicious and really quick to prepare. They are simple enough to make, but delicious enough to impress your friends and family.

The Beginners Guide to Authentic Mediterranean CuisineÂ  Â©Just the title alone will entice readers to grab this book and have a good read. Authentic Mediterranean CuisineÂ  Â©, who wouldn't like this? In this time and age when foods are loaded with chemicals and artificial elements, we need to make sure that we are eating only the healthiest. This is where this book will enter the scene. And what is worth noting about this book is that the recipes given here has been the product of collections handed and passed down from generation to generation. This is more than reason for me.

Not a picture cook book. There is a month of meal plans but most of the meals are not in this cook book. Will be returning book. Very disappointed after seeing five star reviews. Have to be submitted by people who got paid for a review or got something out of it.

I love this book, mediterranean diet is so good, full of flavors and colors, so tasty, i tried many of those recipes with my family and everybody was smiling after diner, the book is easy to read and understand, all the recipes are really detailed , easy to apply , and the book is well written and easy to understand . i recommend this book to anyone

This book is a decent guide in picking a superior thought in getting into your self in an eating regimen. How great the creator came into this, an alternate methodology in staying in shape and solid. This aide is truly an incredible one to have and I positively prescribe this to other people who might want to get in shape and begin eating steadily. Well Recommended to all!

I really like mediterranean diet and I believe it helped me to loss weight in a healthy way. The recipes seems to be delicious and easy to prepare. It also has a brief introduction of mediterranean diet and what it offers. My only problem with the book is that the book formatting is not that great. I do hope this would be resolved.

The diets here are indeed very yummy. Although the ingredients can get abit expensive at where I stay, the food is definitely worth it. Health is priceless, which is why the price for this book is very cheap compared to the benefit that I got from this. The writer knows her stuff and is very detail-oriented in her writing

Best and awesome book about Mediterranean diet. I am so glad that I found this book because this is probably what I need since I am so sick and tired of my old diet plan. I am going to use this book as my guide. Associated with it are awesome recipes that will guide me all through out.

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