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# **Mediterranean Diet: The Mediterranean Diet For Beginners: 110 Delicious Recipes And The Complete Guide To Going Mediterranean**



## Synopsis

Transform your health with the complete beginners guide to the Mediterranean diet! In an age when green smoothie detoxes and elimination diets are in fashion it's easy to forget that you can actually enjoy delicious, filling food and live an active and healthy lifestyle. The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean gives you a full breakdown of the diet's principles and then follows up with 110 delicious recipes. Enjoy: Herb-Maple Crusted Steak, Mediterranean Veggie Pizza, Grilled Sardines with Wilted Arugula, Mediterranean Pancakes, Mediterranean Quinoa Salad, Chickpea and Lentil Bean Soup, Mediterranean Lamb Chops, Fig Ice Cream, Banana Blueberry Blast. Start enjoying the Mediterranean lifestyle today with: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean.

## Book Information

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## Customer Reviews

This book is a comprehensive guide to the Mediterranean diet. You will learn history and fundamentals of this healthy lifestyle. The history of this style of eating is covered, including the

pleasure of taking the time to enjoy a meal with others, and the science behind it. The wide variety of foods that are allowed is great. I'm so glad to hear healthy eating is possible while still including moderate amounts of cheese, pasta and bread in your diet. I also really appreciated all the suggestion to flavor foods with traditional herbs and spices instead of so much salt. This will help me jump start my new routines. I look forward to putting this into place. This book really does give you all the necessary information you needed to understand how to successfully apply the Mediterranean diet to your life. I would recommend this book to anyone interested in the Mediterranean diet and looking to try out some great tasting recipes.

I love Mediterranean Diet.. :) I really love this book. This is the first time I've come across with Mediterranean Diet, and I could say that this is one of the Best Diets that I've ever encountered. I also love reading this book. I've learned that Mediterranean diet is easy to follow.. the foods to eat are also simple. My favorite quote that Lauren McDonnell mentions in the book is this: "The Mediterranean diet is a way of life that will improve your overall health, help you lose weight and find balance in life. It will teach you how to have a deep appreciation for nature and all that it has to offer." I believe Mediterranean diet is a lifestyle.. I believe it's not just for those who wants to lose weight.. but for those who wants to make their lives happy and healthy. Those are the things I've gained from reading this book. Lauren McDonnell has done a Great Job on compiling as well all the Mediterranean recipes from breakfast, salad, soup and stew, poultry, seafood, meat, pizza, vegetarian, pasta, appetizers, to dessert. This book I could is "The Book That Makes You Healthier and Happier." That's why I highly recommend this book to everyone who wants to have a healthy lifestyle. :) With that, I would give The Mediterranean Diet and Lauren McDonnell a Very Awesome 5-Star. :)

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

Wow, I really enjoyed going through this book! The recipes are both delicious and healthy. Even though I live a healthy life, I wasn't very familiar with the Mediterranean diet prior to buying this book. Now my knowledge on this topic is much broader, which is great. If you follow a Mediterranean diet, you minimize the risk of attracting horrible disorders like cancers, diabetes, and

cardiovascular diseases. I recommend this book to anyone who wants to live a healthy life.

I have come to love Mediterranean diet lately and this book made me to love it even more. It is well written and highlighted the most important aspect of this diet. This book contain 110 delicious recipes that maintain your good health. Overall this diet book is very helpful especially to people like me who had no ideas of how to go about the diet. Great book on Mediterranean diet!

This is one great book where you will find everything you need to know about the Mediterranean diet and you will learn how to prepare super easy and delicious recipes. I am more than happy that I found this book because everything is so great and delicious and so easy to prepare. I feel fresher, lighter and amazing since I started this diet. Some of my favorite recipes which I definitely recommend are: Lemony soup, Mediterranean wrap and eggplant steak. Get this book and enjoy the amazing Mediterranean cuisine!

This is very good book study about the Diet. This book is a comprehensive guide to the Mediterranean diet. You will learn history and fundamentals of this healthy lifestyle. The history of this style of eating is covered, including the pleasure of taking the time to enjoy a meal with others, and the science behind it. In an age when green smoothie detoxes and elimination diets are in fashion it's easy to forget that you can actually enjoy delicious, filling food and live an active and healthy lifestyle.

Many people would just start any diet in order to lose weight but this is not the right thing to do. The Mediterranean Diet for Beginners. Offering the science behind the diet, advice on eating, dozens of recipes, and a 7-day sample meal plan, this book is the perfect aid for those interested in trying out a less restricted, healthy eating plan. The family loves the mozzarella and tomato salad. It is a huge collection of Mediterranean dishes in one place in which you will find many dishes you can enjoy.

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