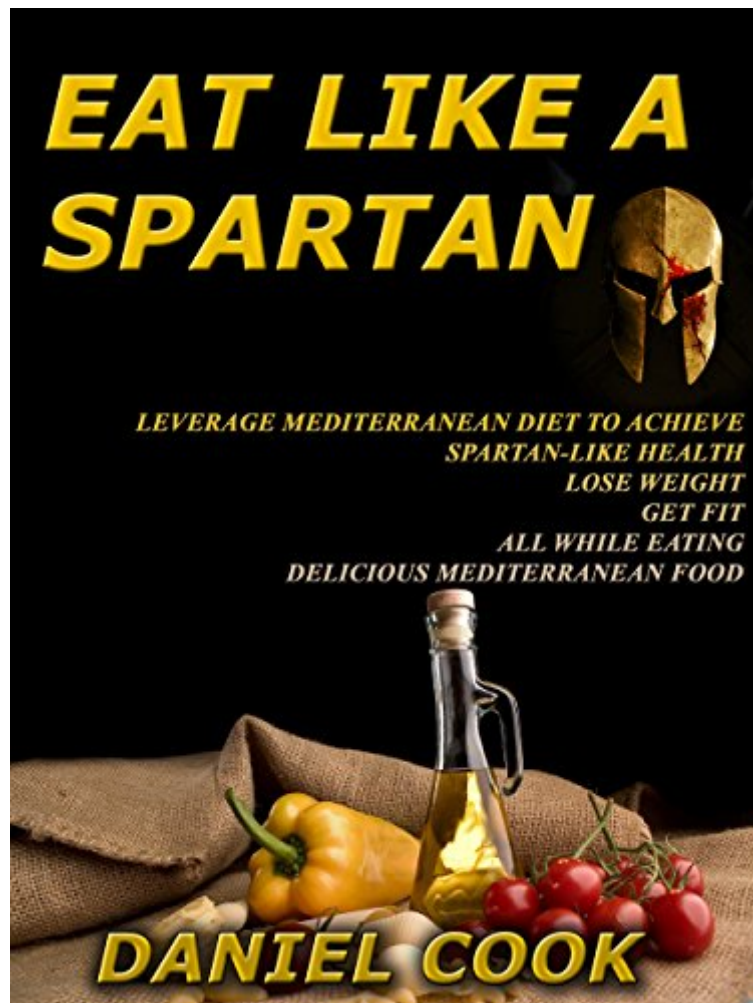


The book was found

Mediterranean Diet For Weight Loss: Eat Like A Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean Diet, Mediterranean Recipes)





Synopsis

Do you want to be healthy, strong and fit like a true Spartan? Then eat like one. This is not your average book explaining Mediterranean diet, its benefits, giving a couple of new Mediterranean recipes and that's it. Eat Like a Spartan has that, but it has much more. You see, Mediterranean diet is not just a diet. It is a lifestyle. The lifestyle of a true ancient warrior, a true Spartan. This book will do its best to immerse you in this lifestyle. This is what you will find within this book: I will explain you what is Mediterranean Diet and its origins I will bust any myth that surround Mediterranean diet to make sure you have no excuses to not live healthy I will teach you healthy eating habits to improve your nutrition by more than 100% I will give you 7 day Mediterranean Diet meal plan to get you started right away You will taste a true Spartan lifestyle with 30 day exercise program for massive weight loss and health improvement Mediterranean Diet quick & easy breakfast recipes Delicious Mediterranean fish and seafood recipes Mouth watering meat recipes > Healthy Mediterranean salad recipes Plenty of healthy smoothies to energize you Additional smoothie recipe book available for free download inside the book And much, much more! Here's a bit about The Mediterranean Diet: The Mediterranean diet and lifestyle are considered the healthiest, most well-respected and scientifically documented diet in the world. It can prevent major diseases like heart disease or stroke, Alzheimer's, and even cancer. The Mediterranean diet also is the best diet for weight loss and maintenance. Combined with exercise which is a part of the Mediterranean lifestyle it can produce astonishing results without deprivation and pain associated with the word diet! You were never meant to feel tired, sick and overweight. Don't bother buying this book if you are not going to take action on it. However, if you feel committed to losing weight, prevent major diseases, be fit and strong, eat delicious food and never worry about health or weight again, then EAT LIKE A SPARTAN is for you. Scroll up, click that buy button and TAKE ACTION now! Free with Kindle Unlimited

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Customer Reviews

This is an amazing introduction to a complete lifestyle change. The Mediterranean Diet is one that seems a bit complicated at first but with this reasonably short guide that will lead you through the first month with menus, an exercise plan, and recipes, you can be sure that if you are ready for the change, you will be well armed to start this battle. This book begins with an explanation and benefits of the Mediterranean Diet. Daniel Cook does an amazing job in explaining that "why"s of this diet and not just the "how"s. He expounds by encompassing exercise and time with family as a big part of this lifestyle change. The menus are designed to include the daily and weekly minimums, and to provide 5 meals/snacks per day. This book is for those that are starting at step one. I have found with other books that there is a lot of knowledge or a certain lifestyle assumed, with this book, however you can start off fresh. The recipes are as good as the information in the book. I received this book for free in exchange for my honest review and my honest opinion is that, if you are looking for more than a diet, this book is for you!

I'm going to start by saying, before you start any new diet or exercise program, make sure you consult with your primary physician. Each person will react differently to meal and exercise plans so make sure this one is right for you. First and foremost, this is not a fad diet. It's not a diet at all - you're completely changing your lifestyle. You won't be eating Big Macs and fried chicken anymore (at least if you stick to the plan as written). It might be a good change for you if you're a big fan of produce, fruit and veggies, or if you can learn to love them (which you should anyway). You'll actually rely heavily on them for satiety. You won't be eating out of a shelf stable box or air tight sealed bag anymore. But this book is going to give you the tools to do this successfully and affordably. The Spartans were some of the fittest, most athletic people in history. They primarily at

wild game and fresh fruits and vegetables. When they needed oil, it was mostly olive oil. And, as the history books show, they were fierce warriors with plenty of energy. That can be you as well. This book is a great reference - it's not ridiculously difficult to follow the recipes (the ones I've tried are delish I must add) and you can do it too. Just commit and unload the junk from your kitchen. You'll be healthy in no time.

The Mediterranean Diet has been talked about for quite some time, and is the subject of many books. If you are looking for a guide that will lead you through the first month with menus, an exercise plan, and recipes, this is the book for you! I like that it is a reasonably short book for the amount of information and guidance included. Starting with an explanation of the Mediterranean lifestyle and the benefits of the diet, the author builds an understanding of why this is a positive, important lifestyle change. He also explains that it goes beyond a diet to encompass exercise and time with family. The menus are designed to include the daily and weekly minimums, and to provide 5 meals/snacks per day. All of the reasoning behind this makes sense, and is explained in the book. The exercise plan starts with talking about a morning run... which made me dig in my heels. Once I looked at the daily plan, I realized that it is a plan for those starting from ground zero, like me. I am impressed with the progression, and will begin the exercise part once the weather moves a bit more reliably into spring. The recipes are for delicious meals and foods, that as he says in the introductory information, will make you feel like you're eating on vacation. I am eager to try even more of them. Overall, a great guide to a healthy new start. You can take from it the pieces that suit your needs, or follow the program as a whole for an easy restart. I received the Kindle edition of this book for free in exchange for my trial and honest, unbiased review.

This book is more than just a diet. It's a complete way of eating, with helpful steps to change your entire life when it comes to health and wellness. The author includes a basic 7-day meal plan, complete with dozens of recipes for breakfast, lunch and dinner, all made with wholesome ingredients. He also includes a rudimentary exercise plan to help kickstart your new dietary and activity habits. While I'm not a huge fan of most seafood (I'm allergic to shrimp, oysters, and most other shellfish), the recipes for the salmon and mackerel sound delicious. I've already substituted chicken for shrimp in today's pasta dinner from one of the recipes in the book, and it was really good. Overall, I liked the collection of recipes, but the formatting is a little too Word/MS Office. I'm a graphic designer and layout artist, so I'm a stickler for details on a finished product. I wish I could give 4 and 1/2 stars because aesthetics doesn't warrant losing an entire star, but it does matter

when navigating and having to scroll past a teeny tiny photo on one page to get to the recipe on the next page. Aside from aesthetics, I really like this book. I received this e-book at a discount in exchange for my honest and unbiased review.

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