



Mediterranean Diet Cookbook: Volumes 1-5: Mediterranean Diet Breakfast, Lunch, Dinner, Snack, Dessert & Slow Cooker Recipes

Charity Wilson, Darrin Wiggins

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Mediterranean Diet Cookbook Box Set

Over 450 pages of recipes and Mediterranean diet advice!

What Does The Mediterranean Diet Include?

The list of foods you can enjoy are essentially endless, but there are guidelines with the Mediterranean diet that make it easy to follow. Here is what you can look forward to:

- Plenty of plant based foods and fruits
- Enjoy nuts, beans, grains and seeds
- Healthy fats like olive oil become a main source of healthy fats
- Yogurt and cheese are there for dairy lovers
- Fish and poultry are enjoyed moderately
- Red meat is enjoyed sparingly
- About 4 whole eggs a week
- Moderate amount of wine which makes most people love this diet

As you can see the Mediterranean diet still allows you to feel like you are living life and not dying while dieting. There has also been numerous health benefits associated with a Mediterranean diet including a reduced risk of heart disease, cancer, Parkinson's, and Alzheimer's. It is the best diet to help you lower your cholesterol.

Mediterranean Diet For Beginners

Losing weight doesn't have to be hard. The secret is to find what works for you and not deviate from it. In "Mediterranean Diet Demystified" you'll get all the information needed to discover how to love the food you eat and lose weight. If you are tired of plain chicken breasts and brown rice then this diet is for you.

Using The Mediterranean Diet For Natural Weight Loss

Saying the Mediterranean diet is just for weight loss is a huge understatement. It is a way of life and one of the healthiest lifestyle's you can follow. There is a certain simplicity to it that people really enjoy and easily embrace. They no longer dread sitting down to eat and actually make time for it. They savor and enjoy the food. Sounds absurd but you can lose weight and enjoy the food you eat.

The need to count calories, weigh food or worry about what you eat in general are all gone. In their place is eating sensibly sized portions and real foods. With a focus on eating for health first, weight loss is the reward you get in return. That is what makes this weight loss plan such a success.

The weight loss is the bonus not the focus.

Keep in mind the Mediterranean diet is not some magic diet that allows you to gorge yourself on processed foods and unhealthy fats. Not unlike many diets you will need to relearn how to eat healthy foods and eliminate unhealthy choices.

The health benefits of this diet are world renowned. The Mayo Clinic says the Mediterranean Diet will reduce your risk of many diseases like: cancer, heart disease, Parkinson's and Alzheimer's and could even help prevent other major chronic diseases.

What's Inside:

- Over 180 delicious and Mediterranean friendly recipes
- Maximize the secret sauce behind the Mediterranean diet
- Design a meal plan that never makes you feel deprived
- Avoid the calorie counting you hate so much
- Change the way you view food to lose even more weight
- Why olive oil is a staple and not the enemy
- Get results twice as fast from your efforts by understanding portions
- Why a Mediterranean diet is one of the absolute healthiest ways to lose weight

Would You Like To Know More?

Get started right away and learn the ways of the Mediterranean diet.

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Ryan Neal:

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Susan Bannister:

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