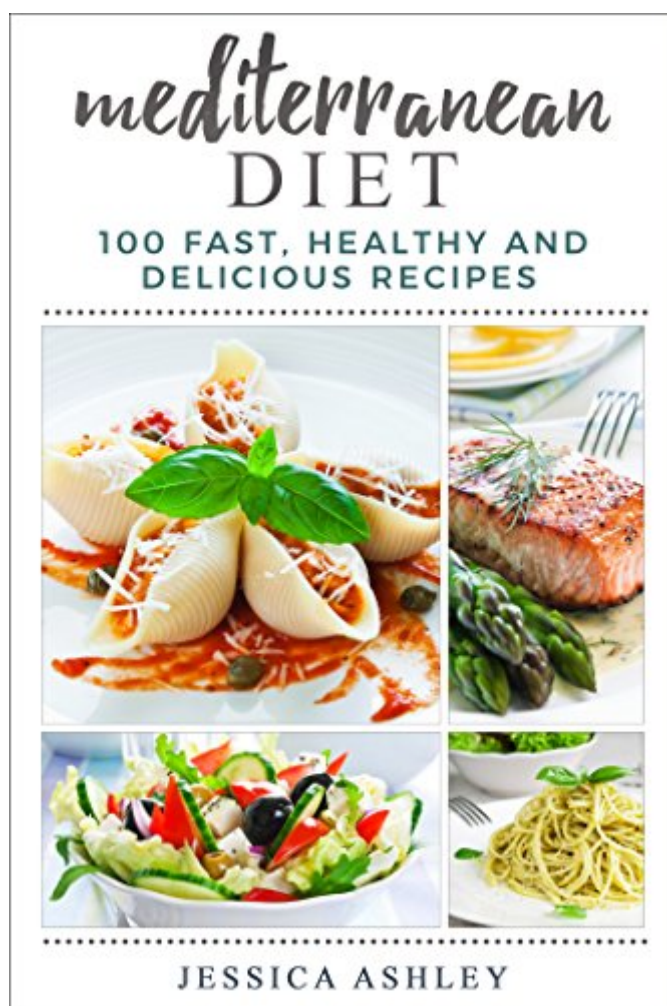


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# Mediterranean Diet: An Ultimate Walkthrough To The Mediterranean Diet: 100 Fast, Healthy And Delicious Recipes



## Synopsis

Eat Healthy, Live Healthy!!!The Mediterranean Diet is about making the right choice and not cutting courses. It is about being smart about what you eat and not being stingy about what you put into your mouth. It is not starvation—instead, it teaches you to enjoy food, the right way—because, food is love. This book highlights the magnificence of food and the beauty of healthy eating. It is—characterized especially by a high consumption of vegetables and olive oil and moderate consumption of protein.Here is a preview of what this book will offer:Where Did the Mediterranean Diet Come From?The Science Behind The Mediterranean DietQuick Tips and Tricks for EveryoneA Simple Guide to Eating and Shopping Using the Mediterranean WayHealth Benefits of the Mediterranean DietGetting Started on the Mediterranean Diet100 Mediterranean Diet RecipesHere is a couple of recipes that this book offers:Balsamic & Parmesan Roasted CauliflowerChicken and Spinach WrapGreek-Style Baked SalmonTurkey Hummus SlidersEggplant Pilaf with Pistachios and CinnamonWhat are you waiting for?!!Get Your Copy Today!!

## Book Information

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## Customer Reviews

Sometimes people ask me about the Mediterranean diet. I lived for many years in France, so I know well the traditional French cuisine from the south of France, rich in olive oil, fish, vegetables, and fruits (and good wine). I also love the Greek cuisine. So, I was looking for a good collection of "Mediterranean Diet" recipes that I could recommend, and I chose this cookbook because it gave the promise of 100 fast, healthy, and delicious recipes. The book provides a short introduction to the concept and health benefits of the Mediterranean diet and then, indeed, figures 100 well-researched recipes from all over the Mediterranean region. Each recipe has a little introduction, which motivates us to try it out. The ingredient list is not too long and contains easy to find foods (I hate when I can't prepare a recipe because of too many exotic things, I would have to buy especially for one meal!). And important: No need to weigh the ingredients, everything is listed in cups and spoons. The instructions are easy to follow and presented logically as a list of steps to take. Even a debutant in cooking can make those dishes. The choice of recipes is varied. You can find breakfast, lunch, dinner recipes as well as snacks, and even smoothies. It's pretty impressive to receive such a big amount of enticing recipes for the price. Honestly, I made a very good pick and can totally recommend this book. I will keep it on my Kindle so that I can cook with my device by my side.

This book has clearly explained what the Mediterranean diet is all about and how to follow it. Writing is concise and there are different menus and many interesting recipes. Overall, I find the information to be helpful for me to try out the Mediterranean Diet. I would recommend it to those who wish to start a new healthy lifestyle.

This is a great book on Mediterranean Diet. All of the things, tips and guides that I need to know about Mediterranean Diet are already included and well written inside. Jessica Ashley has done an incredible awesome job in compiling and creating this book of Mediterranean Diet. What I love the most is the 100 Fast, Healthy And Delicious Recipes. Very easy to prepare and well written. This book is really a great resource for those who want to learn more about Mediterranean Diet. The book is worthy of attention! I highly recommend this book to all.

This book will take you to the world of eating healthy and following a strict guideline with the delicious recipes of the Mediterranean Diet. The Mediterranean Diet is about making the right choice and not cutting courses. It is about being smart about what you eat and not being stingy about what you put into your mouth. It is not starvation-instead, it teaches you to enjoy food, the right way- because, food is love. This book highlights the magnificence of food and the beauty of

healthy eating. This book highlights the magnificence of food and the beauty of healthy eating. It is characterized especially by a high consumption of vegetables and olive oil and moderate consumption of protein.

I had heard about Mediterranean diet before but i thought it's just the same as all the diets I always hear and see in almost everywhere. But now I know that it is not merely a diet, but its a lifestyle that can help me attain a good health. I learned that diet is not just about foods but also changing the way I live my life. The recipes have been a great way to wean my family off of meat and onto a mostly vegetable and fish based diet. We have enjoyed all of the recipes we have attempted, and plan to eat them over and over again.

Recipes are not organized at all and use way too many ingredients. I expected the recipes to be in chapters or at least in catagories.

I love this very easy to follow book. The recipes are simple but very tasty! Well worth the price. I've already recommended it to my friends.

What is with all the fake reviews on the Mediterranean Diet: An Ultimate Walkthrough.... ? All written within days of one another. All with poor English, poor punctuation, no helpful information about the cook book itself, just a rambling sentence or two followed by a 4 or 5 star rating. This may be a good book but if there are no authentic reviews I am steering clear of it. Thanks but no thanks.

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