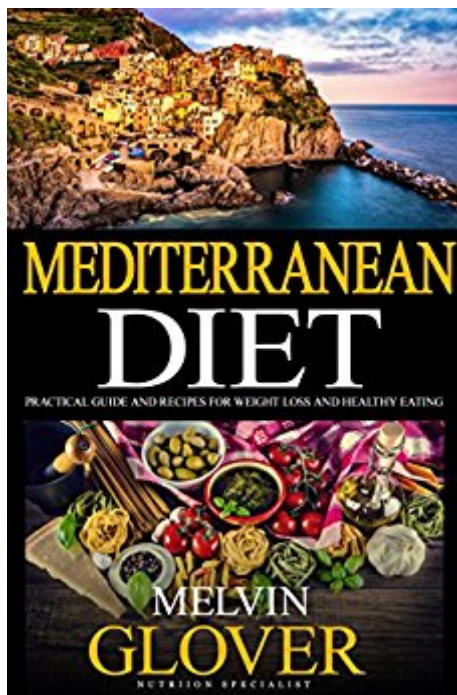




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Mediterranean Diet: A Practical Guide And Recipes For Weight Loss And Healthy Eating



Synopsis

The Only Healthy Diet that Can Change Your Life Forever

The Mediterranean Diet is more than just a “diet,” it is a healthy way of life that emphasizes fresh, whole foods, and moderate amounts of dairy foods and healthy fats. Different from a vegetarian or vegan diet, the Mediterranean Diet does not restrict meat completely but rather reduces the amount that is consumed on average. Even though red meat is virtually eliminated, lean cuts of chicken are part of many of the best recipes included in the plan. Not only that, fish is encouraged at least twice a week as well. It is one of the most flexible diet plans out of all of the major diet plans. But more importantly, it is also one of the most flavorful and one of the healthiest. That combination alone makes this one of the easiest types of diets to follow without ever feeling deprived or missing out on vital nutrients in the process.

Mediterranean diet is not a fad diet that you will be miserable on and quitting after two weeks. This is a chance to make a real change in your entire life, a way of eating and living that can be yours for the rest of your life. And with the improved health that you will have from following this type of plan, it will be a long and happy life.

In this book, you’ll learn:

- Introducing the Mediterranean Diet
- Health Benefits of the Mediterranean Diet
- Mediterranean Diet and Your Heart
- Mediterranean Diet and Diabetes
- Mediterranean Diet and Weight Loss
- The Mediterranean Lifestyle and its Strengths
- The Mediterranean Diet Pyramid
- The Mediterranean Diet and Plant Based Meals
- Whole Grains and Fresh Produce
- Foods That Are Naturally High in Fiber
- Limiting Red Meat to No More Than a Few Times per Month
- Eating Fish and Poultry at Least Twice Per Week
- Choosing Low Fat Dairy
- Using Olive Oil
- Choosing Food That Is Prepared Simply
- Using Herbs and Spices
- Drinking Red Wine in Moderation
- Doing Physical Activities
- Slower Living and Relaxing
- How to Cook With Essential Components of Mediterranean diet
- Recipes
- Breakfast
- Lunch
- Dinner
- Desserts
- Snacks

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Customer Reviews

I am young but my eating habits have made me so fat. All my friends tease me like anytime any day, I just couldn't bare it anymore and so I decided to diet and also go to gym. Gym was a really difficult task for me, though I tried, I could not really do it. Therefore I decided to follow the diet plans available online. When I searched about plans there were plenty available, I was really confused on which one to choose. I went through so many diet plans and their reviews, all of these made me more confused on which one to choose. I took a break for few days to decide on which diet plan would be perfect for me. During this course of time I met my cousin who was a dietitian, she recommended me to go for this Mediterranean diet plan. I immediately came home, researched about it and then decided to take it up. This was the best decision I ever made related to my health. I started following the diet plan. This diet assured not only weight loss, but also helping prevent some deadly diseases. The diet I was following was very balanced and rich in nutrition. This diet also helped me change my eating habits and lifestyle too, following this diet also reduced the risk factor of cancer. The author described very well about each and every factor of our body and terms which causes diseases too like cholesterol, Diabetes, heart diseases, obesity etc. While going through all these content, I became so stern on reducing my weight. The best part was that the Mediterranean diet could also be used as family meal for everyone and so this diet plan did not only improved my health, but of my family members also.

Excellent guide to adopting the Mediterranean diet and lifestyle. Easy to read with lots of recipes.

My friend recommended Mediterranean diet because she believed it's a wonderfully healthy diet. After a little bit of research, I was convinced that it's a good diet and started searching for a good book on Mediterranean diet. I am very happy that I found this book. It's filled with very helpful and

practical information as well as recipes with healthy ingredients.

Well written with valuable health and nutrition information as well as a variety of recipes.

common sense

My Dr recommended this diet and this is great for a beginner. I would have liked more recipes but I did order another book with many more recipes.

It has good general information on the Mediterranean diet. I wish it had more recipes especially some that are simple and useful.

I enjoyed reading this book. Very helpful and useful when you get started with the Mediterranean lifestyle.

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