



Mediterranean Diet: 50 of the Best Mediterranean Diet Recipes for Weight Loss (Large Print): A Cook's Simple Guide and Recipe Book

By Emily R Stone

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.One diet that has become extremely popular in the past few years is the Mediterranean Diet. It is not an extremely restrictive diet and simply requires the individual to use certain foods to prepare a healthy and delicious meal. Mediterranean Diet: 50 of the Best Mediterranean Diet Recipes For Weight Loss gives the reader the opportunity to not only learn about the food culture of the Mediterranean, but also about how they eat and why their method of preparing meals is said to be one of the healthiest. Having a copy of this book is a great way to bring that culinary culture into your home. These 50 recipes are easy to make and ideal for the home cook. From breakfast, lunch and dinner recipes to snacks and dessert, Mediterranean Diet: 50 of the Best Mediterranean Diet Recipes for Weight Loss will show you how to incorporate healthy proteins, fruits, and vegetables into your everyday diet to lose weight and feel healthy and satisfied. (Large Print Edition).



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