



Mediterranean Diet Cookbook - Delicious and Healthy Mediterranean Meals: Mediterranean Diet for Beginners (Volume 1)

Paolo Ferrari

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The Mediterranean Diet Cookbook: Delicious and Healthy Mediterranean Meals Offers an Ancient, Nutritious, and From-the-Earth Diet Plan.

Eat like your healthy and happy ancestors with the following Mediterranean Diet recipes. Turn what you THINK you know about the Food Guide Pyramid on its head. Eat healthy. Be happy. And turn back to the earth.

The Mediterranean diet's plant-based, low-meat, anti-processed food diet is one of the number-one doctor recommended diets on the planet to help you lose weight, keep it off, reduce aging, and keep yourself "in the game," so they say, during your twilight years.

In fact, recent research states that people who dramatically alter their Western Diets NOW (in their middle-to-later years, or earlier) can refute the negative side effects they're currently creating with their food choices. They can create a good, vibrant future for themselves with each of the following Mediterranean Diet Recipes in this Cookbook.

The Mediterranean Diet Cookbook Offers Mediterranean Slow Cooked Meals, Mediterranean Breakfasts, Mediterranean Salads, Mediterranean Poultry Recipes, and Mediterranean Fish Recipes.

This cookbook has everything. Whatever your craving, it rises up to meet it with vegetable-based, olive oil-filled recipes.

Know that you can look to the Mediterranean diet to decrease your risk of cancers, rapid aging, and heart disease.

Your health is waiting for you. Make the change today.

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