



Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook)

Sharon Belcher

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Mediterranean Diet

365 Days of Mediterranean Diet Recipes

The Best Mediterranean Recipes!

Great Variety of Recipes Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions!

Do You Want to Eat Delicious and Healthy?

Mediterranean cuisine involves cuisines of the countries around the Mediterranean Sea, such as Spain, Italy, Greece, Croatia, Turkey, Egypt, Morocco, and so on. Mediterranean people tend to be very proud of their traditional cuisine and rich culture. These people have healthy eating habits and a very healthy lifestyle! Briefly speaking, the Mediterranean diet emphasizes plant-based foods. This amazing and widely accepted diet focuses on vegetables, fruits, legumes, nuts, fish and whole grains. The Mediterranean lifestyle follows the basics of healthy eating. Therefore, it can help you achieve a good physical and mental health and prevent a lot of modern diseases such as obesity, hypertension, cardiovascular disease, cancer, arthritis, type 2 diabetes, etc. Its health-promoting qualities includes omega-3 fatty acids, antioxidants, phytochemicals, monounsaturated fats as well as many other advantages that help us to become healthy, slim and long-lived.

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Bruce Benedict:

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Steven Simon:

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