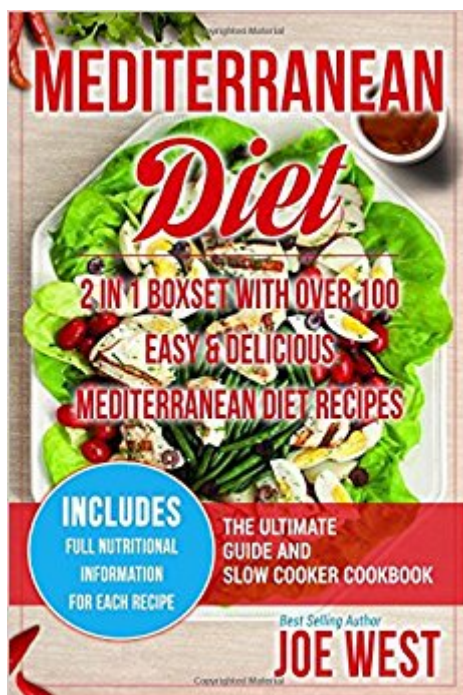


The book was found

Mediterranean Diet: 2 In 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide And Slow Cooker Cookbook ... Cooker Cookbook, Mediterranean Diet Cookbook)



Synopsis

Mediterranean Diet: 2 in 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide and Slow Cooker Cookbook ****BONUS**** Buy a paperback copy of this book NOW and you will get the Kindle version Absolutely FREE via Kindle Matchbook. Looking To Live A More Healthier You? The Mediterranean diet is comprised of food that comes from an expansive region including Spain, southern Italy, Greece, Monaco, France, Turkey, and parts of the Middle East. This means that there are nearly endless food choices that make dieting easy, fun, and new. You don't have to put so much focus on what you can't have because there are so many foods that you can enjoy. In fact, the staples of Mediterranean food include olives and olive oil, wheat, fresh produce, and wine. Yes, that is right - wine. On this diet, having a glass of red wine with dinner is not only okay but is part of the meal plan! Although, if you are averse to alcohol, you can leave out the red wine and still have all the same great results. This diet will not only help you to lose weight but will transform the entire way you look at your health and wellness for the better! Here Is A Preview Of Some Of The Delicious Recipes You'll Learn... In Book 1: Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes Why The Mediterranean Diet? Mastering The Mediterranean Diet Benefits Of The Mediterranean Diet? The Science Behind The Mediterranean Diet 7-Day Diet Plan For Weight Loss BONUS: Shopping & Meal Prep Tips & Tricks In Book 2: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes Barbunya Pilaki Braised Swiss Chard Creamy Lebleli Stew Greek Dolmades Mediteranean Pizza And Much Much More.

Book Information

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Food & Wine > Special Diet > Heart Healthy #922 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#)

Customer Reviews

A very detailed and educative book! I've read many books about Mediterranean diet and this one by far is my favorite! And it's also 2 in one! I love it when books give me many information about the diet and this one never failed me, I learned so much about the diet, it's benefits, tips tricks and the science of the diet! The recipes are healthy and delicious, I can't wait to try that vegetable paella

5.0 out of 5 stars Overall a great book! Will recommend for sure

If you want to know everything about Mediterranean diet, grab this book at once! It gives you substantial information what this diet is all about and how this kind of diet fits to what you desire of. It also offers you with ample of varied recipes which are not only delectable but healthy as well. These recipes are for sure everybody will relish more!

I adore Mediterranean cuisine! For me, these two books are the real wealth of excellent recipes. Recipes from these books are not only delicious, but also very healthy. And if you want a diet that will help you to lose weight, then these recipes are more than excellent!

This is a great bundle. This bundle not only gives you an introduction to every topic of the diet, but also gives you easy to follow diet meal plan and each recipe in the plan has a detailed nutrition description that will help me to stay on track. Must read!

There are many great recipes in here and introduction into a Mediterranean diet. This would be enhanced with pictures but none the less it serves the purpose and I reference it all the time. Highly recommend this book.

I feel I have to leave a rating on this cookbook because it is super. Making a change to healthier eating is hard enough, but this book is at least making it a bit easier. It is informative and explains why things work, what to look for when picking out items, even substitutions, etc. So far, all the recipes I have made were fabulous, even those generally outside my typical taste. The only bad thing is picking out what to try next.

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