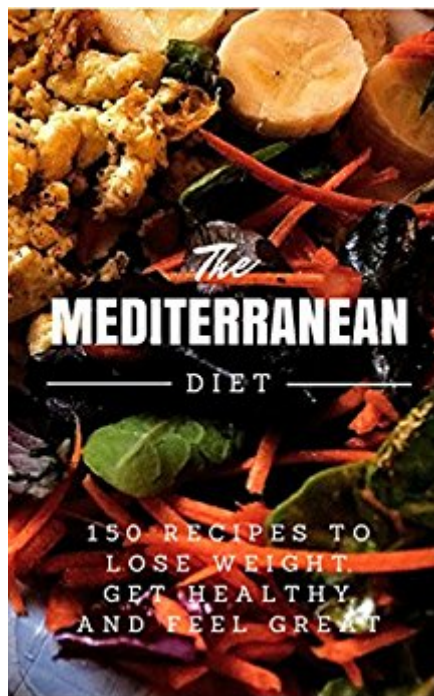


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# **Mediterranean Diet: 150 Recipes To Lose Weight, Get Healthy And Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes)**



## Synopsis

Updated Version coming soon! Available for the first time in this limited edition, get immersed into the real Mediterranean cuisine with this debut book. Featuring 150 recipes gathered from my very own extensive trip throughout the South of Italy, South of France and the coast of Catalunya in Spain - from August 2014 until July 2015. With them, you will discover true diverse culinary traditions that will sure add a very nice touch in your kitchen repertoire. Combining tradition, innovation and ease, the book is separated into five categories for you to choose from: • Appetizers and Soups • Breakfast • Lunch • Dinner • Snacks and Desserts All combined in a way that gathers unknown dishes and combinations from every corner of the Mediterranean. A breath of fresh air from all the things you<sup>™</sup>ve seen in the past, discover a diverse range from eye-opening dishes like Pita with Rosemary Garlic Lamb, Chicken Cordon Bleu Recipe (one of my favourites), and a simplified and freshened classic like Mozzarella and Tomato Salad. But that is NOT all. I offer you an ampleness of fascinating lesser-known dishes that will guarantee you to bring the surprise factor to your guests in the most impressing and unexpected way. Don<sup>™</sup>t miss this opportunity. Grab your copy today with the current bargain price of \$0.99 before it goes up to \$7.99 again!

## Book Information

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## Customer Reviews

If you are looking for Mediterranean diet-based recipes, then this book is suitably for you. It showcases 150 Mediterranean diet recipes for breakfast, lunch, dinner, snacks, desserts, appetizers and soups. These recipes are good for those who want to shed off excess weight, be healthy and feel great about their bodies. The recipes are easy to prepare and the instructions are clear and the ingredients are easy to find and not so costly. Got to try these amazing, delectable and healthy Mediterranean diet recipes!

When someone says there are "150 recipes" for the Mediterranean Diet, I don't expect such gems as how to cook scrambled eggs, smear peanut butter on toast, put bananas and nut butter on an Eggo waffle, put bananas and nut butter on toast, or seven variations on lemon chicken breasts. Nor do I expect a recipe for chicken cordon bleu made with cheddar cheese or one for "burger and fries" which consists of putting a cooked veggie burger on a bun with some lettuce and tomato and baking a potato (which you find out later should be a sweet potato). Perhaps some of these are the "fascinating lesser-known dishes" the author alludes to on the back cover. Other reviews mentioned the lifestyle advice, studies cited by this book, and great illustrations. They must be referring to another book. This one only has "recipes" and links to other cookbooks by the author. Moreover, the editing leaves a lot to be desired and the "steps" for the recipes are a joke. Do yourself a favor, look inside this "cookbook" before you buy it. I wish I had done that instead of relying on the reviews.

Excellent book with a lot of good recipes! This book is able to discover different recipes that can be enjoyed with Mediterranean diet. This book contains 150 recipes and most of them are very good. The author not only provided the recipes but also gave easy cooking instruction. There is discussion about diet plan also through which you can easily reduce your weight. A lot of scientists believe the Mediterranean Diet is the gold standard in healthy eating. New studies appear regularly on leading scientific journals, supporting the healthfulness of the Mediterranean Diet. People from the Mediterranean countries have lower rates of hip fractures! I firmly recommend this book on the off chance that you require different feast choices for the Mediterranean diet.

The Mediterranean Diet is a fantastic diet to follow, and this book is a gem. It has a lot of recipes that look really good, and I can't wait to try them. If you're on or thinking of starting this diet/change

of life, then you need this book.

There are too many recipes calling for non specific amounts of ingredients. One recipe calls for two pieces of cucumber. Doesn't say one inch-inch or two-inch or what. A breakfast recipe says spread some cheese on the toast and add some olives or something. There's a recipe for something called 'deep' I'm not exactly sure but I think it's a dip. But the topper is one for shrimp kebabs which calls for 800 shrimp! None of the recipes tell you how many people each recipe should feed. Doesn't appear that anyone read this over before publishing. Glad it was free but will be deleted.

The introduction was great and it really helpful if you want to try this type of diet the effects are reduced. Wonderful recipes in this book and find out for yourself, what you want to choose. Many studios are located in the book and I hope you will not bore with this book, and the evidence is clear that it is a delicious and great for heart and cancer inhibiting dietary olive oil, lean meat, fish, vegetables rich in healthy fruits and red wine with dinner. This book breakfast with salad, sandwiches and more great recipes. Highly recommended.

A Mediterranean diet is an ideal plan for eating food that tastes good and is good for you/. This book has plenty of recipes for quick snacks or hearty meals. I was able to cook some of these recipes right away because they had ingredients I already had in my pantry. Other times I had ingredients that went with recipes so that I could finally try it and have many uses for it. Tahini is one example of this. The directions are clear and very easy to follow. I loved the idea of using oatmeal for more savory meals or taking scrambled eggs to the next level. The family loves the mozzarella and tomato salad. It is a huge collection of Mediterranean dishes in one place in which you will find many dishes you can enjoy.

Everything you can eat from the Mediterranean, it feels like. With about 150 recipes for appetizers, lunch, breakfast, and dinner, you can really never run out of delicious Mediterranean food ideas. The foods are 100% organic, fresh, and healthy. Also you will feel better in your health because of the great food your eating for your body. I like these kind of cookbooks because it gives me ideas and helps me stay on track with my health goals. Good cookbook

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