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**Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success** Embrace the Mediterranean lifestyle through whole, natural foods prepared with heart. Hailed by The Mayo Clinic as a "heart-healthy diet," the Mediterranean diet is praised as one of the healthiest ways to eat in the world. The Mediterranean Diet for Beginners is your complete guide to understanding Embrace the Mediterranean lifestyle through whole, natural foods prepared with heart. Hailed by The Mayo Clinic as a "heart-healthy diet," the Mediterranean diet is praised as one of the healthiest ways to eat in the world. The Mediterranean Diet for Beginners is your complete guide to understanding this low-fat, nutritious way to optimum health: -Recipes from breakfasts to desserts are sure to please every appetite. Wake up on the Spanish coast with a Mediterranean Omelet, take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl, or enjoy a sweet treat of Red Grapefruit Granita after a leisurely dinner in Sicily. -Tips for success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. -Meal plans offer a quick-start guide to enjoying the wonderfully varied and delicious Mediterranean diet. -The Mediterranean Diet for Beginners also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthy antioxidants and omega-3s. Start enjoying the Mediterranean lifestyle today with The Mediterranean Diet for Beginners: The Complete Guide. ...more Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success PDF ebook

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