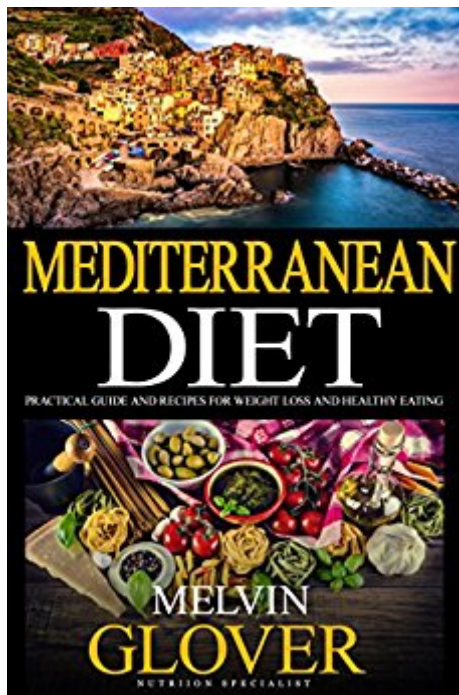


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# Mediterranean Diet: A Practical Guide And Recipes For Weight Loss And Healthy Eating



## Synopsis

The Only Healthy Diet that Can Change Your Life Forever  
The Mediterranean Diet is more than just a diet, it is a healthy way of life that emphasizes fresh, whole foods, and moderate amounts of dairy foods and healthy fats. Different from a vegetarian or vegan diet, the Mediterranean Diet does not restrict meat completely but rather reduces the amount that is consumed on average. Even though red meat is virtually eliminated, lean cuts of chicken are part of many of the best recipes included in the plan. Not only that, fish is encouraged at least twice a week as well. It is one of the most flexible diet plans out of all of the major diet plans. But more importantly, it is also one of the most flavorful and one of the healthiest. That combination alone makes this one of the easiest types of diets to follow without ever feeling deprived or missing out on vital nutrients in the process. Mediterranean diet is not a fad diet that you will be miserable on and quitting after two weeks. This is a chance to make a real change in your entire life, a way of eating and living that can be yours for the rest of your life. And with the improved health that you will have from following this type of plan, it will be a long and happy life. In this book, you'll learn:

- Introducing the Mediterranean Diet
- Health Benefits of the Mediterranean Diet
- Mediterranean Diet and Your Heart
- Mediterranean Diet and Diabetes
- Mediterranean Diet and Weight Loss
- The Mediterranean Lifestyle and its Strengths
- The Mediterranean Diet Pyramid
- The Mediterranean Diet and Plant Based Meals
- Whole Grains and Fresh Produce
- Foods That Are Naturally High in Fiber
- Limiting Red Meat to No More Than a Few Times per Month
- Eating Fish and Poultry at Least Twice Per Week
- Choosing Low Fat Dairy
- Using Olive Oil
- Choosing Food That Is Prepared Simply
- Using Herbs and Spices
- Drinking Red Wine in Moderation
- Doing Physical Activities
- Slower Living and Relaxing
- How to Cook With Essential Components of Mediterranean diet
- Recipes
- Breakfast
- Lunch
- Dinner
- Desserts
- Snacks

## Book Information

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## Customer Reviews

I am young but my eating habits have made me so fat. All my friends tease me like anytime any day, I just couldn't bare it anymore and so I decided to diet and also go to gym. Gym was a really difficult task for me, though I tried, I could not really do it. Therefore I decided to follow the diet plans available online. When I searched about plans there were plenty available, I was really confused on which one to choose. I went through so many diet plans and their reviews, all of these made me more confused on which one to choose. I took a break for few days to decide on which diet plan would be perfect for me. During this course of time I met my cousin who was a dietician, she recommended me to go for this Mediterranean diet plan. I immediately came home, researched about it and then decided to take it up. This was the best decision I ever made related to my health. I started following the diet plan. This diet assured not only weight loss, but also helping prevent some deadly diseases. The diet I was following was very balanced and rich in nutrition. This diet also helped me change my eating habits and lifestyle too, following this diet also reduced the risk factor of cancer. The author described very well about each and every factor of our body and terms which causes diseases too like cholesterol, Diabetes, heart diseases, obesity etc. While going through all these content, I became so stern on reducing my weight. The best part was that the Mediterranean diet could also be used as family meal for everyone and so this diet plan did not only improved my health, but of my family members also.

Excellent guide to adopting the Mediterranean diet and lifestyle. Easy to read with lots of recipes.

My friend recommended Mediterranean diet because she believed it's a wonderfully healthy diet. After a little bit of research, I was convinced that it's a good diet and started searching for a good book on Mediterranean diet. I am very happy that I found this book. It's filled with very helpful and practical information as well as recipes with healthy ingredients.

This is a very good book if you're on the Mediterranean Diet, or thinking of going on it. It has a lot of info here that you will find useful. Just a warning, some of the recipes are in grams and it mentions cooking at Celsius. Just do the conversions, and you'll be fine. I can't say enough good things about this book. Get it now and thank me later.

Really great book by Melvin Glover, i liked it so much. I love Mediterranean food because it is healthy and delicious, excellent guide to adopting the Mediterranean diet and lifestyle. Easy to read with lots of recipes. Lots and lots of healthy recipes that everyone should try, very tasty meals that will go great with your workout. I loved this book, i commend it to everyone who wants to take a diet in their life. Really great Job.

It has long been said the eating the Mediterranean way is the healthiest in the world. It's certainly the tastiest! Being able to enjoy many of the foods I love and know that it's good for me helps keep me motivated. I haven't tried any of the recipes in the book, instead I preferred making my own dishes with beans, vegetables, and whole grains. Salud!

I've been trying a lot of different diets lately and this will probably be the next one. The book works well and reads well. It has a lot of great extra information

It has good general information on the Mediterranean diet. I wish it had more recipes especially some that are simple and useful.

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