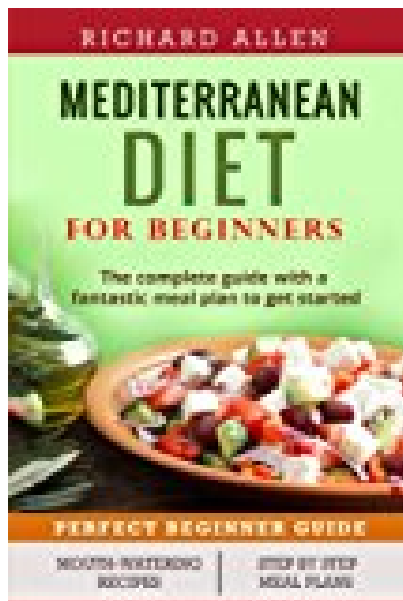


Mediterranean Diet for Beginners The complete guide and a fantastic meal plan to get started



BOOK DETAILS

- Author : Richard Allen
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BOOK SYNOPSIS

Get the BEST mediterranean cookbook kindle version FREE when you buy the paperback "Diet" is a four-letter word. So many diets focus on deprivation, bland foods, and a laundry list of "donts." Dont eat fat, dont eat carbs, dont eat anything tasty. Mediterranean Diet for Beginners is for people who are tired of hearing "dont" and ready to enjoy flavorful, satisfying meals while increasing their health and shedding some pounds in the process. The Introduction Mediterranean Diet for Beginners starts off by describing the history of the Mediterranean diet. It was not "created," but rather evolved over hundreds of years in an area of the world known for wonderful food and a vibrant culture. Italian, Greek, North African and Middle Eastern cuisine all meet and blend for a diet full of variety. Next, we learn the health benefits of the Mediterranean diet. It is when American biologist Ancel Keys and his wife, chemist Margaret Keys, noticed that communities in the Mediterranean basin enjoyed better overall health, with lower instances of cardiovascular disease and diabetes, when compared to their American counterparts, that the Mediterranean diet first came to the publics eye. Several studies conducted on the Mediterranean diet have shown its ability to help people lose weight, lower their blood pressure, lower their blood sugar, reduce their risk of diabetes, take points off their cholesterol score, limit their risk of stroke, and more. The Diet Next, the book describes the diet in general. This includes the foods that make up the diet, including what to eat daily (whole grains, extra-virgin olive oil, fresh fruit and vegetables), what to eat a few times a week (fish and poultry, eggs, dairy, and shellfish), what to eat rarely (red meat, sweets), and what to avoid (processed flours and sugars, chemically-enhanced foods). Delicious and High Quality Recipes In the following chapters, we find healthy and tasty recipes. The recipes are divided into five chapters: breakfast, lunch, dinner, soups and stews (including some slow cooker recipes), and side dishes. These recipes, in addition to being delicious and filling, are highly adaptable to any tastes and styles of cooking. They can also be adapted into gluten-free, kosher and vegan meals with a few changes to their ingredients, making the Mediterranean diet suitable for just about everyone. Complete 7-day Step-by-Step Meal Plan Next, we find an example of a seven-day meal plan, detailing breakfast, lunch, dinner, and a snack. Both quick-and-easy and slightly more labor intensive meals are included. Everyone has different schedules and activities, however, so this section is highly adaptable. Conclusion and some more Finally, in the last chapter, we see some hints and tips for following the Mediterranean diet every day. Tips on shopping for groceries, eating out, and following the diet in general are included. "Mediterranean Diet for Beginners" is written for anyone who wants to lose weight and increase their overall health, but are wary of dieting. It is perfect for anyone who is looking for a diet where they do not need to feel deprived, but can enjoy incredible food and feel good about what they eat. Stop looking around and grab your copy now!

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