



## Mediterranean Diet Cookbook: 105 Easy, Irresistible, and Healthy Recipes for Weight Loss and Improved Quality of Life While Minimizing the Risk of Disease

By Vanessa Olsen

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get PALEO DIET book for FREE when you purchase this book. START LIVING YOUR LIFE TO THE FULLEST WITH THE MEDITERRANEAN DIET COOKBOOK - PROMOTING THE BEST LIFESTYLE KNOWN TO MAN FOR WEIGHT LOSS AND DISEASE PREVENTION! Fiona Carson was fed up with diets promoting impossible-to-stick-to standards that only led to wasted time and frustration. She wondered if she d ever find a diet which would add to her life rather than take away from her life, and then she found the Mediterranean diet! Never has a diet truly allowed mankind to live a life so full and abundant while reaping such amazing health benefits. Not to mention that the food associated with the Mediterranean way of life is equally vibrant, mouth-watering, and indulgent. Seriously, who in their right mind would turn down the chance to eat bread, feta cheese, and spaghetti coated in olive oil on a regular basis while reaping awesome health benefits?! And don t forget about the glass of wine that s considered to be a healthy side to dinner. The...



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