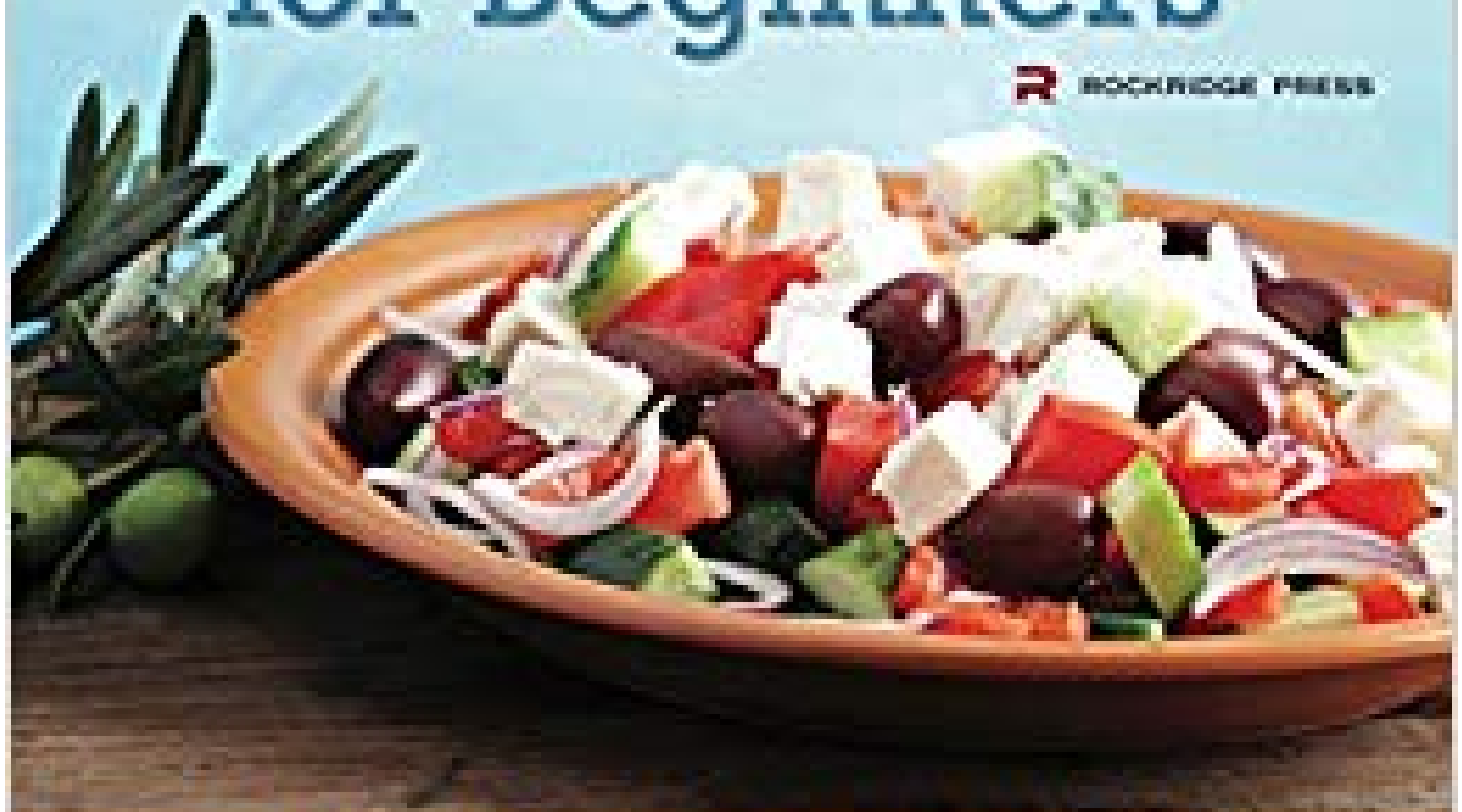


THE MEDITERRANEAN DIET for Beginners

 ROCKRIDGE PRESS



THE COMPLETE GUIDE

40

DELICIOUS
RECIPES

7

DAY DIET
MEAL PLAN

10

TIPS FOR
SUCCESS

Rockridge Press

**Mediterranean Diet for Beginners: The Complete Guide -
40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips
for Success**



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– Combining savory quality recipes with tips and meal programs, The Mediterranean Diet plan for Beginners cookbook is the only reference you will have to start and stick to the Mediterranean diet.s easy and exciting to do. The Mediterranean Diet plan for Beginners offers a complete information to healthful living through delicious, fresh foods prepared with total well-being in mind."From Rockridge Press, the publisher of Amazon bestsellers, Paleo for Beginners and The Wicked Great Ketogenic Diet Cookbook For many people, dieting and deprivation of variety and flavor go hand in hand, which is why it can be so difficult to stick to a diet long enough to make a main lifestyle impact. Catering to anyone who would like to trim their waistline without sacrificing tastebuds, the Mediterranean diet allows you to fill up your plate with diverse and delicious preferences.When eating well tastes like a yearlong vacation, it' As a go-to source, The Mediterranean Diet plan for Beginners includes: 40 Delicious Recipes for breakfast, lunch, dinner, snacks and deserts The 7-Day Diet Meal Plan for keeping you on track with diverse choices and tastes A Comprehensive Summary for understanding the basic principles and benefits of the Mediterranean diet Guidelines for learning how to eat just as much as you want and making certain you have the freshest ingredients Regarded by the Mayo Clinic as the leading "heart-healthy diet," the Mediterranean diet plan travels to you from the coasts of Italy, Spain, and France as one of the healthiest diets on earth."



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This book was recommended by my cardiologist This book was recommended by my cardiologist. We had just had a tension induced heart attack at age 58/female. I don't smoke cigarettes or drink. I have lost 30 lbs following these recipes and feel much better than ever.. Been cooking and tastes good Our heart doctor recommended this type of cooking and this book gives easy recipes and the food is good. Not what I wanted at all. It had been a very helpful jumping off point. Where is the coupon? I anticipated it because he cooks very much like his mom and that was definitely not how I learned to cook or to eat. Many of the meal programs recommend a backyard salad for lunch. Yes, he does but just because I am as well sick to stand long enough to do it. Easy to follow and delicious! ~~~~~This isn't a diet, It is a lot more! Four Stars great recipes Very nice paperback book Was something special for my cousin she appear to like it very much Great recipes I gave it 5 stars due to the tasty recipes. We're enjoying it and modifying it a little bit during his recovery to add a little less fat. As the obvious chapters organize the book - breakfast, lunch, dinner etc - in addition, it provides some sample daily menu programs, and includes links to those dishes later in the publication. By doing so, the book gives you a couple various ways to get started along with several different combinations and recommendations. The quality recipes have few ingredients that don't require lots of buying or buying ingredients you'll never use again, and are easy to follow regardless of your cooking skills. Very useful beginners guide Great handbook. Explains the fundamentals clearly. This one is a keeper! So far I really like this recipe book So far I really like this recipe book. Perfect pair. Do yourself a favor and buy this along with the Total Mediterranean Cookbook by America's Test Kitchen. Easy to follow, the recipes are simple and you won't have to drive all around trying to find exotic ingredients. Very easy, well done and delicious recipes. well, ok that's healthful, however, not filling or particularly unique.~~~~~`~~~~~This is not a diet, it really is an awakening~~~~~`Easy enough my husband does all the cooking now.. Not worth the price Little book with general information. No photos at all. Many and great solid meal plans recommended. I am diabetic, on blood thinner, have cholesterol issues, liver and gallbladder problems I could list all of the rest but, MeH. (These and the others of my health issues are genetic, not because of my diet plan.) This cookbook has fifty percent of what you need for living healthy. \$5. The rest of the way isn't about meals, it is about your brain. I suggest Cognitive Behavioral Therapy for the rest of the formula for a wholesome life. I am hoping you didn't obtain the short stick on the genetic level, it sucks~ Blessings and peace for you and yours. Easy, tasty recipes with lots of basic information regarding the Mediterranean Diet My husband is dealing with triple by-pass surgery and this is the diet recommended by his surgeon and the hospital's dietician. Easy to follow guide to healthful eating In "The

Mediterranean Diet for Beginners" you'll find that exact combination - an easy to follow, no non-sense approach to more healthy eating emphasizing lean meats, lots of fruits and vegetables and little to no processed food plus a lot of references to main research assets demonstrating the value of this diet. The book is normally informational and educational, and it offers an example 7-day meal plan and also several recipes. I think it is easy to follow, the dishes are obvious and easy, and taste excellent. We bought it along with the Mediterranean Sow Cooker Cookbook (my hubby like soups and stews) and find the two provide all we need to get started. SO NOT HAPPY there are specifically 8 dinner recipes in this book, this is a complete waste of my 9 dollars. I am extremely disappointed. This book is so VERY simple, its boring. We viewed additional books with weird ingredients and passed them by. starter book Nice small starter book. easy reading liked the ease of understanding this..00 Whole Foods Coupon My understanding was that We was to get a \$5.00 Whole Foods Coupon with buy of this book. Really disappointed in the quality of the content Really disappointed in the quality of the content.?One day hubby explained he was running out of suggestions for meals. I was simply hoping for something a bit more inspiring.~. Finally! Popular



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