



Mediterranean Diet Classic Edition: Recipes For a Healthy Heart, Healthy Lifestyle and Healthy Mind (Mediterranean Cooking and Mediterranean Diet Recipes Book 1)

Andrea Silver

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The classic Mediterranean Diet cookbook will quickly get you started on one of the world's healthiest diets.

Contained within this book are some of the best Mediterranean recipes that I've compiled. Optimized around healthy, omega-acid rich oils, fresh cheeses, vegetables, yogurts, and regional spices; this cook booklet provides everything you need to get started on the Mediterranean diet.

As the first book in the Mediterranean diet series, i wanted to stick to the basics and the classic, tried-and-true Grecian-Mediterranean recipes that so many enjoy. Which means you can expect a flavorful mix of different coastal recipes, primarily of the Grecian variety but with some traditional styles thrown in.

Some of the benefits reported from getting involved with this diet:

- Increased energy levels.
- A balance in blood sugar and cholesterol levels.
- Weight loss
- Improved cardiovascular health
- And a lot more

Start now on your Mediterranean diet journey. To grab a copy of this book, you don't need a Kindle device. With one click, you can read it from your web browser as a digital download. I look forward to cooking with you!

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