



Mediterranean: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean)

Emma Katie

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Mediterranean Diet

TODAY SPECIAL PRICE - 365 Days of Mediterranean Diet Recipes (Limited Time Offer)

The Mediterranean diet goes beyond the common definition of a diet! It's a healthy way of living, combining whole foods with fresh vegetables and fruits, extra virgin olive oil, plenty of seafood and a moderate amount of dairy. It differs from the other diets by not imposing any strict rules on how to combine the ingredients used or how much to eat. It's one of the most flexible meal plans out there, one that focuses on taste and the quality of the ingredients used, rather than the quantity.

Mediterranean diet is not boring nor it gets on your nerves – it's balanced and healthy, bringing together not only a wide range of ingredients, but also colors, textures and nutritional values. And this makes it a lifetime choice!

This book aims to teach you the benefits of the Mediterranean diet recipe by recipe. The 365 recipes found between these pages are thought and created in such a manner that they tantalize your taste buds and show you how fun and creative cooking with Mediterranean ingredients can be! So put that apron on and let's start cooking!

Click and grab this book today and be ready to change your life for the better!

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