



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

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Embrace the Mediterranean lifestyle through whole, natural foods prepared with heart.

Hailed by The Mayo Clinic as a "heart-healthy diet," the Mediterranean diet is praised as one of the healthiest ways to eat in the world.

The Mediterranean Diet for Beginners is your complete guide to understanding this low-fat, nutritious way to optimum health:

- Recipes from breakfasts to desserts are sure to please every appetite. Wake up on the Spanish coast with a Mediterranean Omelet, take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl, or enjoy a sweet treat of Red Grapefruit Granita after a leisurely dinner in Sicily.
- Tips for success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat.
- Meal plans offer a quick-start guide to enjoying the wonderfully varied and delicious Mediterranean diet.
- The Mediterranean Diet for Beginners also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthy antioxidants and omega-3s.

Start enjoying the Mediterranean lifestyle today with The Mediterranean Diet for Beginners: The Complete Guide.

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# **From Reader Review Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success for online ebook**

**Randolph Quebec says**

**Easy, Peasy**

The book is an easy read and provides a great plan for starting this healthy program. I look forward to enjoying the meals.

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**Ashley Flynn says**

Easy and quick read extolling the virtues of this way of eating. The majority of the recipes are ones I will try.

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**Carla says**

3-3.5\*

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**cindy massey says**

**Mediterranean**

This book was an easy read and the recipes are simple and not too hard to make. Great start for eating healthy

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**Karen says**

**The Mediterranean Diet is the #1 diet.**

Very well written and very easy to follow. I'm looking forward to incorporating many of these very simple and delicious recipes.

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**Millie Russom says**

**Ok**

I was hoping for more recipes but mostly it was just information on how to eat and the benefits from it.

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### **Joy says**

Very helpful!

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### **Nancy Carey says**

#### **Eye Opening Quick Read**

Of you crave a lifestyle change to a basic level that is easy and very doable today, you will enjoy this quick read. Nothing new here, but lays it out in simple terms. This book is not a diet book, more of a wake up call.

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### **SEANA WOMAC says**

#### **Good enough to eat**

All the ingredients for healthy eating. Recipes look doable. All you need is motivation and a grocery list. Clearing the house of unhealthy foods may cause some anxiety to the clean your plate club, but it is necessary to be able to keep slip ups to a minimum. Manga!

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### **Gary Carter says**

#### **Informative**

I liked all the different recipes.

I would recommend this book to anyone who needs to make a change in their eating habits.

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### **Christy Feldhaus says**

#### **Thought it was time to look into this.**

Heard about this diet. I have very broad tastes. This was way to limiting in selection. The price was right for the download, but I doubt I will use this much.

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### **Kathy says**

Nice overview. Summer fruit granita recipe was excellent.

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**Mellie Woods says**

Why have I never looked into this way of eating before? This book is easy and straight forward to read. The recipes are simple and easy to follow. The meal plan looks very doable. This is the way I like to eat and who doesn't like a way of eating that includes red wine. I have read so many different ways of approaching diet and always there is something I must overcome. I love everything about this plan, well except for maybe the sardines. I am sure this approach may not be a one size fits all but for this girl it is perfect.

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**Evelyn says**

Great meal planning and some interesting recipes.

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**Melissa says****Quick lesson**

Quick start on a healthier lifestyle. Easy to understand and easy recipes. Would recommend for new beginners. Enjoy and good luck .

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