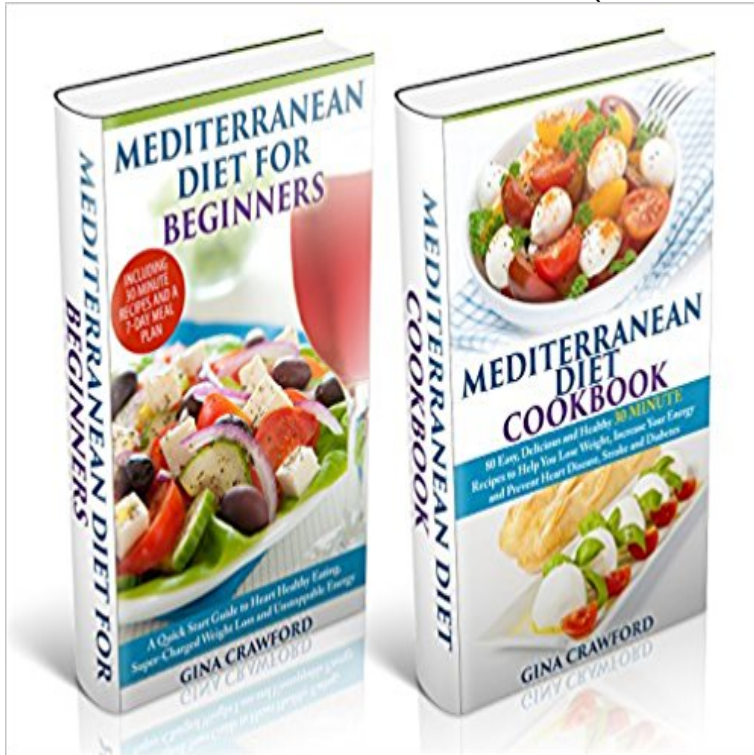


## Mediterranean Diet: BOX SET Mediterranean Diet for Beginners & Mediterranean Diet Cookbook - The Complete Guide, 80 Recipes, 7-Day Meal Plan - Mediterranean ... (Mediterranean Diet & Cookbook Series 3)



Mediterranean Diet for Beginners & Mediterranean Diet Cookbook BOX SET The Complete Guide to Heart-Healthy Eating! Everything you need to make the Mediterranean diet a part of your everyday life! U.S News and World Report rated the Mediterranean diet the best diet for healthy eating and the easiest diet to follow. The Mayo Clinic called it a heart-healthy diet. As the most well-respected and scientifically documented diet in the world, the Mediterranean diet will work for you if you work it! This box set will give you all the tools you need to successfully apply the Mediterranean diet to your life TODAY! Knowing how the Mediterranean diet works and how to eat the Mediterranean way can save your life! When you eat a well-balanced diet in moderation and exercise regularly as the Mediterranean diet suggests, you will lose weight, revitalize your energy and prevent heart disease, diabetes, arthritis, Alzheimers, Parkinsons and certain kinds of cancer. It will also help you lower cholesterol levels and blood pressure and improve brain and eye health.

The Mediterranean diet isnt formally a diet. Unlike many diets, the Mediterranean diet does not restrict or exclude certain foods rather it encourages eating a variety of foods in moderation. Some key elements of the Mediterranean diet include eating lots of fresh fruits, vegetables and whole grains, making olive oil your primary source of monounsaturated fat and consuming fish and seafood regularly for their omega-3 benefits. You can count on this handy health pack to dramatically improve your health. Mediterranean Diet for Beginners - A Quick Start Guide to Heart-Healthy Eating, Super-Charged Weight Loss and Unstoppable Energy will teach you all the ins and outs of the Mediterranean diet.... Mediterranean Diet for Beginners teaches you: The characteristics of the Mediterranean dietHow to switch to the Mediterranean

way of eating  
How to use the Mediterranean diet pyramid to plan your meals  
How to make the Mediterranean diet a part of your everyday life  
How to stick to the Mediterranean diet  
Mediterranean myths and dieting facts.....and much more!  
.....and the Mediterranean Diet Cookbook: 80 Easy, Delicious and Healthy 30 MINUTE Recipes to Help You Lose Weight, Increase Your Energy and Prevent Heart Disease, Stroke and Diabetes will give you a slew of delicious recipes to get you started with the Mediterranean diet.....  
The Mediterranean Diet Cookbook includes: 30 MINUTE Mediterranean diet recipes  
Mediterranean diet recipes for breakfast, lunch and dinner  
Mediterranean style salad recipes, side dishes, snacks, dressings, dips and sauces  
You'll get 30 MINUTE recipes like: Mediterranean Pizza Omelet  
Mediterranean Breakfast Scramble with Potato, Olives and Ricotta Cheese  
Mediterranean Style Breakfast Wrap with Spinach and Fresh Basil  
Greek Salad with Chicken  
Sun-dried Tomato Pesto  
Mediterranean Creamy Panini  
Mediterranean Style Grilled Salmon with Basil  
Roasted Bell Pepper and Artichoke Pasta Salad  
Mediterranean Style Chicken Gyros  
Shrimp in White Wine with Penne Pasta  
Frosty Almond Date Shake  
Avocado and Tuna Tapas  
Baby Tiramisu  
Greek Saganaki  
Greek Feta and Olive Spread  
Easy Greek Yogurt Cucumber Sauce.....and more!  
Mediterranean Diet for Beginners & Mediterranean Diet Cookbook BOX SET is all you need to transform your health and your life TODAY! DOWNLOAD YOUR COPY NOW!  
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