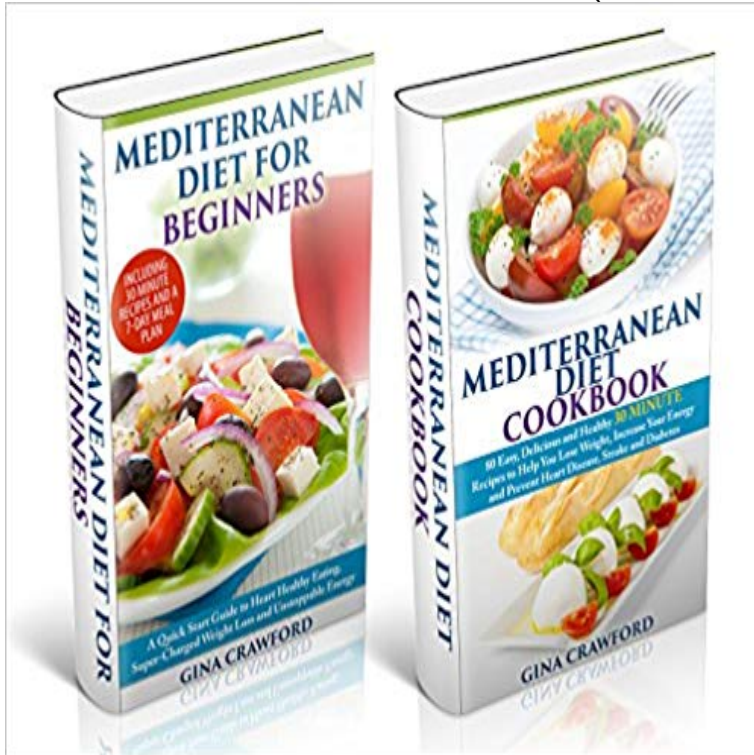


## Mediterranean Diet: BOX SET Mediterranean Diet for Beginners & Mediterranean Diet Cookbook - The Complete Guide, 80 Recipes, 7-Day Meal Plan - Mediterranean ... (Mediterranean Diet & Cookbook Series 3)



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 eatingHow to use the Mediterranean diet pyramid to plan your mealsHow to make the Mediterranean diet a part of your everyday lifeHow to stick to the Mediterranean dietMediterranean 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 recipesMediterranean diet recipes for breakfast, lunch and dinnerMediterranean style salad recipes, side dishes, snacks, dressings, dips and sauces Youll get 30 MINUTE recipes like: Mediterranean Pizza OmeletMediterranean Breakfast Scramble with Potato, Olives and Ricotta CheeseMediterranean Style Breakfast Wrap with Spinach and Fresh BasilGreek Salad with ChickenSun-dried Tomato PestoMediterranean Creamy PaniniMediterranean Style Grilled Salmon with BasilRoasted Bell Pepper and Artichoke Pasta SaladMediterranean Style Chicken GyrosShrimp in White Wine with Penne PastaFrosty Almond Date ShakeAvocado and Tuna TapasBaby TiramisuGreek SaganakiGreek Feta and Olive Spread Easy Greek Yogurt Cucumber Sauce.....and more!  
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