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The Mediterranean Diet: Breakfast Recipes(mediterranean Cooking, Mediterranean Cookbook, Mediterranean Eating, Mediterranean Recipes, Mediterranean Diet for Weight Loss, Mediterranean Low Carb Diet) (Paperback)

By Alicia Dennis

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are numerous health benefits of the Mediterranean diet, especially when it comes to preventing heart attacks and strokes. But even if you re not concerned about your heart health and just want to eat healthier, it might be worthwhile to consider following the Mediterranean diet. According to the Mayo Clinic, the Mediterranean diet is mainly plant-based-fruits, vegetables, legumes, and whole grains, specifically-and replaces butter with healthy fats such as olive oil and canola oil. That means all the walnuts and figs and tomatoes and olive oil (with even a bit of feta cheese or Greek yogurt) that you want! And though it s easy to come up with Greek-inspired dinners and lunches, figuring out what to eat for breakfast on the Mediterranean diet can be a little tricky if you re not totally familiar with the ingredients. Fortunately, these Mediterranean breakfast recipes are relatively easy to work into your regular routine, and you don t have to spend a ton of time in the kitchen to eat healthy, because each of these Mediterranean diet breakfast recipes takes 30 minutes or less....

Reviews

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