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THE BEGINNER S GUIDE TO THE MEDITERRANEAN DIET: HEALTHY AND DELECTABLE MEDITERRANEAN DIET RECIPES





Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******. The Mediterranean diet is more than just about food; it s about an all-around healthier lifestyle. Proponents of the diet encourage healthy activities, such as spending meal time with family and friends, and enjoying and savoring your food. In her book Beginner s Guide to the Mediterranean Diet, Amy Zulpa highlights and explains how you can...

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- Authored by Amy Zulpa
- Released at 2014



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