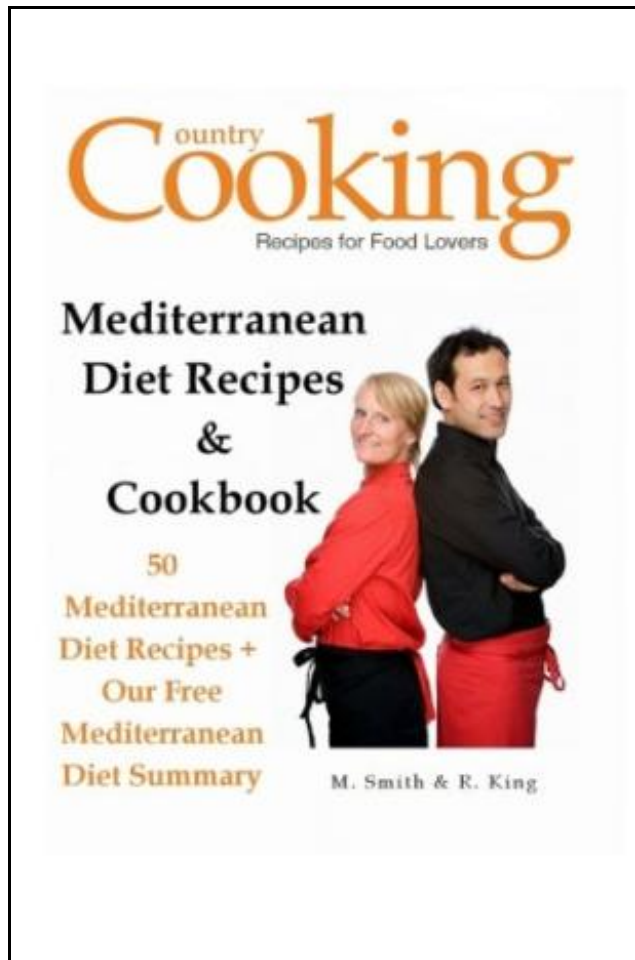


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Createspace, United States, 2011. Paperback. Book Condition: New. 204 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about the very popular Mediterranean Diet. Inside you ll get our free Mediterranean Diet summary that explains the details of the diet and what you should expect while on the Mediterranean Diet. It also includes 50 hand-picked and delicious Mediterranean Diet recipes for your program. Note: This book has been edited and formatted for easy E-Reader and Kindle Navigation with an optimized and hyper-linked Table of Contents. Table of Contents: Mediterranean Diet Summary Mediterranean Diet Recipes: Banana Berry Beverage Dairy Free Strawberry Smoothie Yogurt and Honey Breakfast Fruit Feta Garlic Sausage Patties Herbed Vegetable Omelet Shrimp and Zucchini Omelet Arugula Tomato and Red Onion Salad Couscous Tomato and Cucumber Salad Vegetable and Black Olive Salad Grilled Shrimp and Lime Salad Parsley Veggie Salad Mint and Bulgur Salad Grilled Lamb Dinner Salad Tuna and Veggie Salad Fresh Spinach and Red Pepper Salad Monkfish Soup with Pasta Lentil Broccoli and Carrot Soup Halibut Perch Soup Mediterranean Chicken Stew Lightly Sauced Baked Salmon Broiled Salmon with Veggies Baked Coconut Cod Broiled Raisin Trout Baked Halibut Steaks Chicken and Walnut Green Beans Three Pepper Chicken Lemon Garlic Tofu Multi Colored Stuffed Peppers Roasted Rosemary Portobello Green Beans and Tomatoes Lemon Zucchini Balsamic Spinach with Nuts Cinnamon and Nut Topped Oranges Rose Apple Side Dish Pears in Pomegranate Sauce Herbed Rice and Brown Lentils Cornmeal Polenta Parmesan Walnut Linguine Basil Pesto Fettuccine Tuna Penne Lemon Zucchini Balsamic Spinach with Nuts Cinnamon and Nut Topped Oranges Rose Apple Side Dish Pears in Pomegranate Sauce Herbed Rice and Brown Lentils Cornmeal Polenta Parmesan Walnut Linguine Basil Pesto Fettuccine Tuna Penne Whole Wheat Eggplant Pizza Veggie Tortilla Wraps Garlic Topped Spaghetti Toasted Hazelnut...

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