



37 Mediterranean Diet Recipes: Delicious and Healthy Meals That Will Help You Live as Long as a Greek

By Jennifer Connor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.37 Mediterranean Diet Recipes Delicious and Healthy Meals That Will Help You Live as Long as A Greek Imagine eating delicious, flavorful food without compromising your health. The Mediterranean Diet is more than a diet - it is a lifestyle change in your eating habits that will be realistic to maintain because it is based off of the natural diet in Greece and surrounding countries. It has gained attention due to the overwhelming health benefits Greeks and other Mediterranean s have. How to Incorporate the Mediterranean Diet into your Life The Mediterranean Diet is simple: Eat like a Greek! How? Increase fruit, vegetable, legume, and whole grain intake, while decreasing red meat and sweet intake. With the Mediterranean Diet, you will not feel as if you are starving yourself. Instead, the fresh, wholesome foods will leave you feeling energized and improve your health for the long run. So, get started today and eat like a Greek with this book. What are the Benefits? And the Recipes? - Recipes ranging from Mediterranean Frittata to Citrus Couscous Patties....



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