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Mediterranean Diet: The 21-Day Quick & Easy Guide of Low Carb Mediterranean Diet (Paperback)

By Diana H Roberts

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Mediterranean Diet: The 21-Day Quick & Easy Guide of Low Carb Mediterranean Diet Meal Plan and Recipes for Beginners to Lose Weight Fast and for Optimum Health Have you been curious as to how to start the Mediterranean Diet, but don't have a clue as to where to start? With this quick start guide, you are sure to get off on the right foot from the beginning. Through these pages, you will learn what the Mediterranean Diet actually is, the foods you will need to focus on and the exercises that you can incorporate into your daily life in order to make your success at the Mediterranean Diet a reality. Embrace a healthy Mediterranean diet through whole, natural foods prepared with heart. The Mediterranean Diet consists of eating lots of fruits, vegetables, plants, fish and seafood. This diet is also known to be low in saturated fat and high in dietary fiber which is very important for a healthy body. This 21 day diet meal plan is full of flavorful foods that are scientifically proven to reduce the risk of cancer and cardiovascular disease. It has...


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