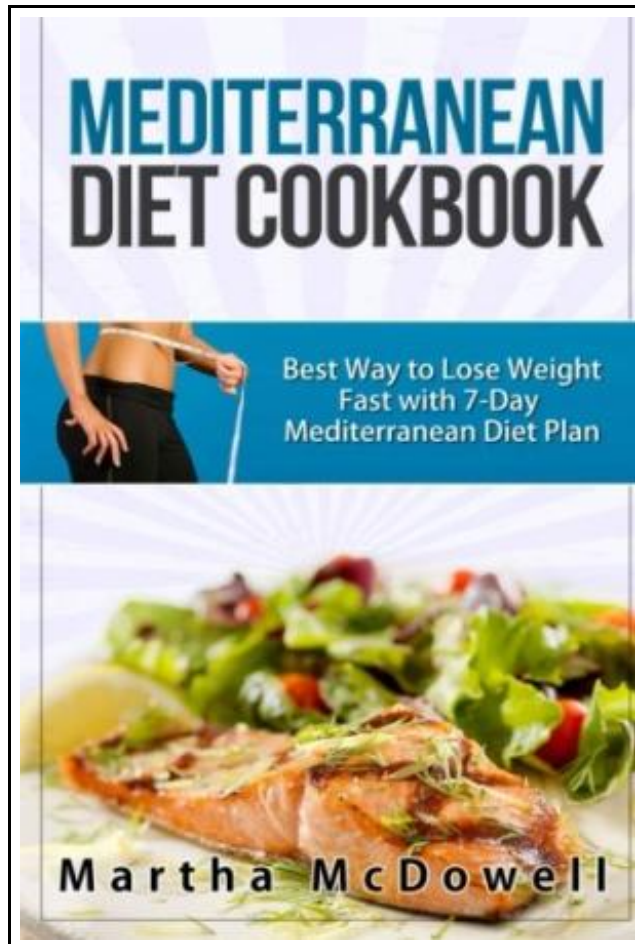


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Enjoy Amazing Food while Losing Weight ! Today only, get this amazing book for just \$9.99. Regularly priced at \$14.99. This cookbook is a seven day meal plan that will help you manage your daily meals and start to lose 1-2 pounds a week. With this cookbook collection we aim to break all stereotypes about weight loss. So the Mediterranean 7-day Meal Plan below provides you a wide range of recipes for people with different meal preferences. Recipes provide you an easy way how to cook healthy and at the same time tasty food, including soups made of vegetables, fish, legumes, greens, healthy smoothies, etc. Recipes included in the book are devised in a way to make your time in the kitchen pleasant and all ingredients are easy to find and you don t need to travel to the Mediterranean Sea to get this or that type of fruit, vegetable and fish. Moreover, the cookbook also offers you a variety of healthy snacks that you can enjoy and you will never think that you have sacrificed yourself for a beautiful body. You will make sure that you should avoid staying hungry and starving for food, which will also depress you emotionally, so that even the slimmest figure will not replace once present joy of life. This seven day meal plan will also teach you to take some time and actually cook the food you and your family are going to consume. One thing you should keep in mind with this cookbook is that depriving yourself of food or eating too little will harm you irreversibly and with a great damage to your physical and mental...



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