



The Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success (Paperback)

By Rockridge Press

Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 229 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mediterranean Diet for Beginners: The Complete Guide-40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. The Mayo Clinic calls the Mediterranean diet the heart-healthy diet, and it's considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, The Mediterranean Diet for Beginners takes you step-by-step into this transformative way of eating and living. The Mediterranean Diet for Beginners is the complete guide to a new way of living: The 10 Tips for Success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. Refer to these tips often to keep yourself motivated! The 7-Day Diet Meal Plan is about enjoying food, not depriving yourself. You'll learn just how wonderfully varied and abundant the...



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