



The Mediterranean Diet for Beginners: Troubleshooting Guide with Quick and Easy Recipes to Losing Weight and Having a Healthy Heart! (Weight Loss Diet Plan)

Julie Peck

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Do you know about the Mediterranean diet?

Do you know that it really isn't a diet at all but one of the healthiest eating lifestyles, and that it helps reduce cholesterol and keeps the heart healthy?

This book describes the benefits and the lifestyle of the Mediterranean diet. It explains why Mediterranean people are found to be healthier than westerners, even though the diet is similar. Here the author also explains the types of foods used and why these are considered a heart, healthy option. He goes on to list a few healthy recipes that are easy to prepare.

Here is a preview of what you will learn from this book:

- What the Mediterranean Diet Is
- Why Mediterraneans Tend to Live Longer than People in the West
- What foods and herbs Are Used in Mediterranean Cooking
- Easy to Make Low Calorie Recipes
- And Much More

Once you learn the secret of the Mediterranean Diet you'll have the power to create the new you. This diet will rejuvenate you, make you feel better and even minimize the damage of heart disease.

Don't wait another minute. Learn more about the Mediterranean Diet today, and how it can make you into a younger more beautiful person.

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Cheryl Fenske:

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Anne Braden:

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