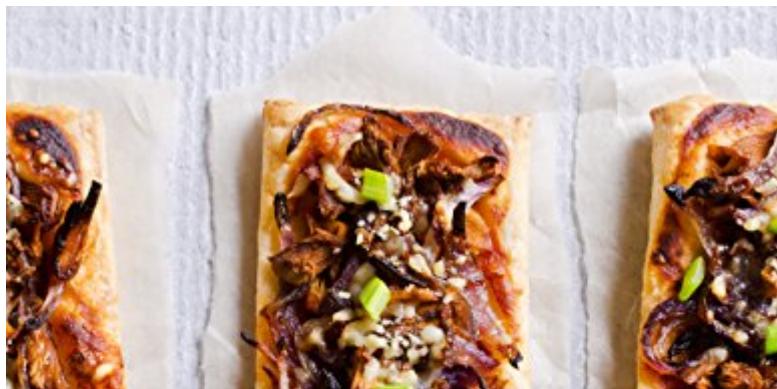


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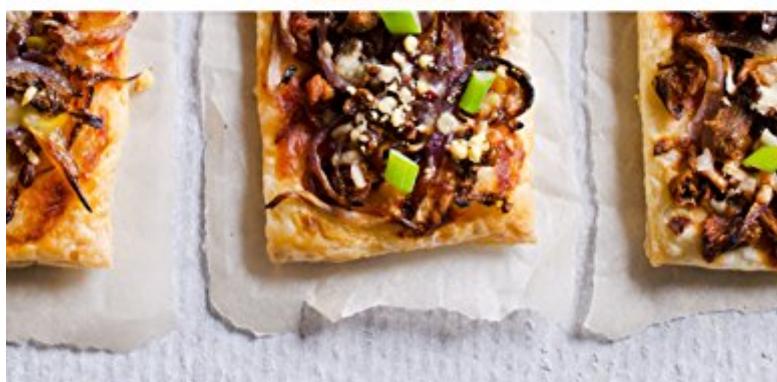
# **Mediterranean Diet Cookbook: The Healthy Living Mediterranean Diet Guide For Smart People – With Kitchen Tested Recipes & Diet Success Tips (Mediterranean Diet, Mediterranean Diet For Beginners)**



## **MEDITERRANEAN ULTIMATE DIET COOKBOOK**

the healthy living mediterranean diet guide for smart people  
with delicious kitchen tested recipes & diet success tips

BELLA A. KOSKO





## Synopsis

Healthy Mediterranean Meals Right Now Make Healthy Dishes that will Wow Your Taste

Buds!

Are you ready for the cookbook that will put

other diet meals to shame? Regarded as one of the healthiest ways to eat, Mediterranean foods are not only good for you but taste great. Unfortunately there are too many places that turn this delicious cuisine and make it heavy and fried to the point that you might as well go get a greasy burger. Diet food is boring and good food is bad right? Think again! This book is chock full of great recipes that will make your taste buds and your waist line happy! While many books start and stop at dinner ideals, this one runs through the gamut of daily meals from fresh breakfasts, to afternoon pick me ups, and delish dinners. The meals have Mediterranean twists that will keep you coming back for more. If that wasn't enough there are also desserts and tips for success as you go through these pages. I will take you through tips on healthy meal items swaps like the use of olive oil and the right way to use herbs and spices. If you're tired of bland and boring diet food, this is truly the right book for you. There is nothing boring about this food. Ready to wake up your taste buds? Here's just a few things you'll learn about: Quick and easy breakfasts Lunches that can work at home or on the go Dinners to wow the whole table How to get on track and keep on track! The Ultimate Mediterranean Diet has something for everyone, no matter if you're looking to lose weight or just spice up your meal plan. Download your Copy Today! Scroll Up and Buy Now with One Click!

## Book Information

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European > Mediterranean

## **Customer Reviews**

The recipes included are simple to prepare, even for a middling cook such as myself, and will please any palate. While this book does not have an extremely large number of recipes I found that to be a plus for it. I can easily become overwhelmed when a cookbook has so many recipes and I am trying to make a decision for now or tomorrow. With the variations she suggests for them (such as gluten-free as well as ingredient substitutions) there are more ideas here than first apparent. Add in the tendency most of us have to make our own (often ill-advised) changes this collection of recipes will allow a new Mediterranean diet follower to ease into a delicious diet or simply offer the cook who wants something different some great alternatives. Highly recommended for anyone who enjoys eating and also enjoys preparing healthy delicious meals.

I've tried several of the recipes since receiving my copy and all have been excellent. If you're at all interested in Mediterranean food, this is one book you have to have on your shelf. I have cooked several dishes from this book and my family loved them all. I really love that the dishes are not time consuming to prepare and that I can find all the ingredients quite easily. This is a cookbook that has great recipes to try, but which also educates and encourages as well. For anyone who loves Mediterranean food this is a must addition to your cookbook collection, and for anyone who wants to eat a healthy diet this is a great way to go! Nice read.

I am always looking for healthy, easy and quick recipes. And this book explains Mediterranean dieting very well and book has a great mix of recipes sorted out by breakfast, lunch, and dinner. Recipes in this book are easy to prepare and follow. The best part is that this diet inspired by countries such as Spain, Italy and Greece who all agree on diet high in fish, whole grains, fruits and vegetables, olive oil, and my favorite, a glass of wine, that's the life that I like. Thank you and enjoy your meal and your day.

I've been looking for a Mediterranean diet cook book. This book tells you what the Mediterranean Diet is and gives you the science behind the diet. There were a lot of good suggestions for meals that I could prepare. The book includes simple recipes for breakfast, lunch, dinner, and snacks. I find it very easy to follow, the recipes are clear and easy, and taste really good. This book is perfect to get started eating this way right away. And I've already recommended it to my friends.

I love Mediterranean food - the freshness, the great taste, and the healthy eating. The Ultimate Mediterranean Diet is a perfect book for those of us who are new to the Mediterranean diet. The Ultimate Mediterranean Diet is a perfect book for those of us who are new to the Mediterranean diet. Fresh, easy to follow and healthy. This is a go to cook book! Good all year around but especially in the coming summer...delicious tasty dishes that will amaze you when you eat them.

Everything in this book is amazing. As a vegetarian, I'm glad to see that a lot of the recipes are plant based and many of the dishes that do include meat or fish seem like they can easily be adapted for vegetarians. So far, all the recipes I have made were fabulous, even those generally outside my typical taste. Easy instructions, and pictures so you have some idea of what the final recipe should look like. Cooking and eating Mediterranean is already a pleasure.

The food of the Mediterranean region is renowned for its variety and wonderful flavors, as well as its health benefits. I learned so much about the diet, its benefits, tips tricks and the science of the diet! Recipes from these books are not only delicious, but also very healthy and easy to make. If you're at all interested in Mediterranean food, this is one book you have to have on your kindle. Will recommend for sure!

I am delighted with the food I made from the recipes in this book. One of my favourites is the tomato pasta, I also added some tomato paste to enhance the tang of tomatoes. I love tomatoes in my food! And for the salmon spinach and grilled cheese, I separately sautÃ©ed some cherry tomatoes cut in half until they were slightly charred. I added these after the finally stepÃ¢Â¢Â¢ and trust me it makes a world of a difference!

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Beginners) Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking) Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes (Healthy Heart, Weight Loss, ... Diet For Beginners, Slow Cooker)

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