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MEDITERRANEAN DIET: The Mediterranean Diet Cookbook (Over 100 Delicious Mediterranean Diet Recipes Included To Satisfy Every Craving)

Maria Slovak

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Are you looking for an easy to follow, no nonsense approach to eating lean meats, fresh fruits and vegetables?

Mr. and Mrs. Slovak have spent years testing the best foods and most delicious recipes in Italy, Greece, and France! They've gathered an incredible assortment of over 100 incredible recipes that you will absolutely love!

Studies have shown that dozens of the most common foods lead to diseases such as heart failure and diabetes. What is awesome about the Mediterranean Diet is that it supports health and longevity based on using recipes created in Greece, Italy and the south of France. For example, these parts of the world focus on grains, vegetables, and lean meats.

Inside you will find recipes for breakfast, lunch, dinner, snacks, and desserts so that you can be part of the Mediterranean Diet lifestyle.

Here is a sample of the dishes you'll receive:

Breakfast Recipes

- Fried Peppers and Eggs with Pita

- Tasty Breakfast Falafel with Yogurt Dressing

- Sweet Raspberry Muesli

- Baked Avocado and Egg

- The Omega-3 Sandwich

- The Veggie Omelet

- Breakfast Kabobs with Tangy Yogurt Dip

- Peachy Apricot Yogurt and Quinoa

- Banana Pancakes and Berries

- Cheesy Zucchini Frittata

- Breakfast Pizzas with Avocado Sauce

Lunch Recipes
- Baked Flounder and Vegetables

- Fava Bean Salad

- Chicken Tava

- Brown Rice Salad Toss

- Mushroom Risotto

- Creamy Date Smoothie

- Asparagus & Cheese Sandwiches

- Avocado Chunks and Chicken

- Barley and Vegetables

- Two Bean Salad

Dinner Recipes
- Corn Salad

- Baked Zucchini Chips

- Tasty Plantains

- Chicken Kabobs

- Celery Salad

- Refreshing Cucumber Salad

- Roasted Eggplants with Herbs

- Skillet Asparagus Salad with Goat Cheese

- Crispy Green Bean Salad

- Tangy Quinoa Salad

Snack Recipes

- Minty Pureed Sweet Peas

- Sweet Chicken Stew

- Spinach and Nutmeg Soup

- Smooth and Fruity Italian Ice

- Berries and Cream

Dessert Recipes

- Simple Lemon Pie

- Magnificent Pumpkin Bake

- Pumpkin Bread Pudding

- Baked Apples

- Apple Ginger Smoothie

Take The Opportunity To Preview The Book To See The Delicious Recipes That Will Keep Your Family Happy & Healthy.

Includes A Special Surprise At The End

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Cornelius Ryerson:

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