



The Everyday Mediterranean Diet Cookbook: 75 Mediterranean Diet Recipes for Hearty Health, Weight Loss, Renewed Vitality and Long Life

By Diane Sharpe

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 75 Mediterranean Diet Cookbook Recipes for Healthy Heart, Weight Loss, Renewed Vitality and Long Life There is nothing like the reassurance of knowing that you re eating a healthy meal - that s the comfort you get when you prepare meals from The Everyday Mediterranean Diet Cookbook. The Mediterranean diet is really an uncomplicated eating lifestyle of tasty, healthy and fulfilling meals which mirrors the eating habits of the Southern Mediterranean. You will find an interesting mix of genuine Mediterranean recipes that are specially designed to simplify and add variety to your meals, while achieving your health goals.



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