



Mediterranean Diet: 100+ Mediterranean Diet Recipes Desserts You Can Cook at Home! (Mediterranean Diet Cookbook, Lose Weight, Heart Healthy, Fight Disease Slow Aging) (Paperback)

By Kevin Gise

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want More Simple Delicious Mediterranean Diet Recipes? Trying to Improve Your Health and Overall Well-Being? Want to Reduce Your Risk of Heart Disease, Other Serious Health Issues? If your answer is YES to any of these questions then this is the recipe book for you. The Mediterranean Diet is a healthy way of living one s life that is focused on making healthier choices. It consists primarily of fresh whole foods, mixed with moderate amounts of healthy fats, fish, and dairy. Don t starve yourself when dieting. The great thing about following the Mediterranean diet is that you ll never have to worry about dealing with those unpleasant hunger pangs often associated with most traditional diets. The Mediterranean diet will not only help you lose weight, it will also help you fight off a wide variety of illnesses while strengthening your heart at the same time. The health benefits of this diet are considerable. The Mediterranean diet goes back to ancient times. It s still around today because it works. Simple as that. This is a chance to make a positive change...



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