



Mediterranean Diet The full Guide to the Mediterranean Diet for Healthy Eating and Weight Loss

Emma Vickens

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Discover all the benefits of the Mediterranean Diet with over 40 unique & easy Mediterranean Recipes!

Mediterranean Diet rimes with fresh fish, olives, tapenade and roasted tomatoes, and we all have vivid images that comes to our minds when thinking about it. When it comes to starting the mediterranean diet to incorporate it as a new lifestyle it is important to know that it is way more than that. Not only that it brings people together, it fills a colourful table with beautiful vegetables, fish and other dishes, but it has many benefits too. This diet is rich in vitamins, antioxidants and Omega 3 and 6 oils due to the variety of fish, fresh fruit and vegetables incorporated in the diet.

In this book you will find 40 Recipes to enjoy the mediterranean diet for breakfast, lunch and dinner, moreover, being a dessert addict, I have included 10 amazing dessert you can do following my recipes.

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