



Quick and Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made in Minutes

Rockridge Press

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From the Publisher of *New York Times* Bestseller *The Mediterranean Diet for Beginners*

Easily add simple, nutritious Mediterranean Diet recipes into your daily routine.

Numerous scientific and medical studies have proven that the Mediterranean Diet is one of the most effective diets for losing weight and improving overall health. *The Quick and Easy Mediterranean Diet Cookbook* will give you over 75 fast and delicious Mediterranean Diet recipes, packed with fresh foods, whole grains, and healthy fats, so you can experience the benefits of Mediterranean eating right away. With easy meal plans, shopping lists, and recipes bursting with flavor, *The Quick and Easy Mediterranean Diet Cookbook* will make your path to better health simple and enjoyable.

The Quick and Easy Mediterranean Diet Cookbook will give you all the tools you need to make fast Mediterranean Diet recipes, with:

- More than 75 quick and easy Mediterranean Diet recipes, including Cinnamon Pumpkin Oatmeal, Tomato Almond Pesto, and Agave Glazed Salmon
- A comprehensive list of Mediterranean Diet foods to add to your shopping list
- Steps for saving both time and money through weekly meal planning
- Practical tips for making quick and flavorful Mediterranean Diet meals using the tools and ingredients you already have on hand

The Mediterranean Diet is more than just another fad diet - it is a healthy way of life that anyone can enjoy. *The Quick and Easy Mediterranean Diet Cookbook* will help you incorporate Mediterranean Diet recipes into your kitchen repertoire, with amazing results.

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Wilfred Walker:

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