



Delicious Mediterranean Diet Recipes: From the Editors of America's Top Magazines

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Mouthwatering Mediterranean recipes for every meal, to keep you healthy and satisfied

“About 30 percent of heart attacks, strokes and deaths from heart disease can be prevented in people at high risk if they switch to a Mediterranean diet rich in olive oil, nuts, beans, fish, fruits and vegetables, and even drink wine with meals.” —*The New York Times*

It's true—a diet including pasta, cheese, wine, and dessert really can trim your waistline and improve your overall health. A 2013 study published in the *New England Journal of Medicine* proves that adopting a Mediterranean diet reduces the risk of stroke and heart disease while keeping your taste buds satisfied. Full of fresh vegetables, fruits, legumes, fish, and poultry, this high-protein diet will never leave you feeling hungry. Praised by the *New York Times* and food expert Mark Bittman, this is a plan you'll want to stick to for life.

These flavorful, colorful, and easy-to-prepare dishes provide plenty of variety for every meal of the day. Enjoy delicious recipes such as:

- Asparagus-Romano Frittata
- Chicken Gyros
- Santa Fe Falafel
- Sizzling Steak Kebabs
- Red Wine-Poached Salmon
- Buttermilk Panna Cotta with Blackberry Sauce

This collection makes it easy to stay healthy without feeling deprived. Start enjoying fresh and exotic meals inspired by the traditional eating habits of the countries bordering the Mediterranean Sea.



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From reader reviews:

Monte Lawson:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Delicious Mediterranean Diet Recipes: From the Editors of America's Top Magazines it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can more effortlessly to read this book from a smart phone. The price is not very costly but this book has high quality.

Vicki Allen:

Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Delicious Mediterranean Diet Recipes: From the Editors of America's Top Magazines, you could enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

Shannon Grant:

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Lynn Bailey:

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information about your e-book. It is most important to arrange you to ultimately make your knowledge are still update. Let's try to choose appropriate ways for you.

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