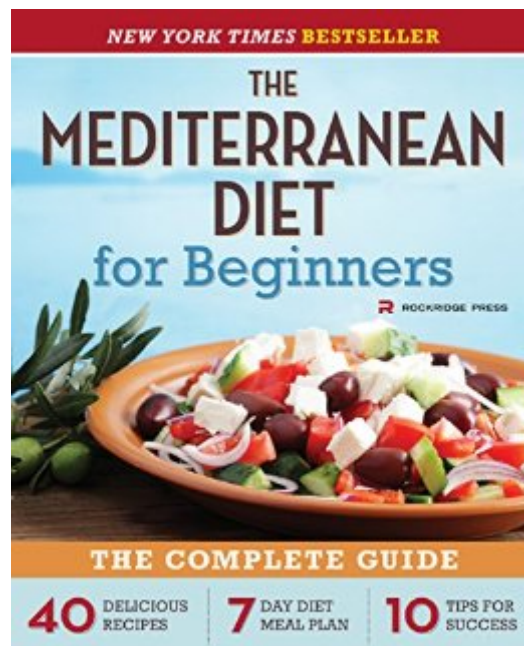


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# The Mediterranean Diet For Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, And 10 Tips For Success



## Synopsis

Does your diet leave you feeling restricted and confined? Escape to the healthful and carefree Mediterranean lifestyle. The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. The Mediterranean Diet for Beginners is the complete guide to a new way of living: • Wake up on the Spanish coast with a Mediterranean Omelet, or take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl • 40 delicious recipes will whisk your palate away. • The 10 Tips for Success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. • The 7-Day Diet Meal Plan is about enjoying food, not depriving yourself. Planning a week's worth of meals is easy with not only helpful hints for buying the freshest ingredients to prepare at home but also tips for ordering Mediterranean-diet-friendly dishes while dining out. • The Mediterranean Diet for Beginners also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthful antioxidants and omega-3s. The Mayo Clinic calls the Mediterranean diet the "heart-healthy diet," and it's considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, The Mediterranean Diet for Beginners takes you step-by-step into this transformative way of eating and living. Start living the Mediterranean lifestyle today with The Mediterranean Diet for Beginners: The Complete Guide • 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success.

## Book Information

File Size: 6371 KB

Print Length: 82 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (April 7, 2013)

Publication Date: April 7, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00C9L6EXA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #40,082 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #27 in Kindle Store > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #41 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine

## Customer Reviews

Our heart doctor recommended this type of cooking and this book gives easy recipes and the food is good. We looked at other books with weird ingredients and passed them by. This one is a keeper!

In "The Mediterranean Diet for Beginners" you'll find that exact combination - an easy to follow, no nonsense approach to more healthy eating emphasizing lean meats, lots of fresh fruits and vegetables and little to no processed food along with a lot of references to primary research resources demonstrating the value of this diet. While the obvious chapters organize the book - breakfast, lunch, dinner etc - it also provides some sample daily menu plans, and includes links to those recipes later in the book. In that way, the book allows you a couple different ways to get started along with lots of different combinations and suggestions. The recipes have few ingredients that don't require a lot of shopping or buying ingredients you'll never use again, and are easy to follow regardless of your cooking skills.

"The Mediterranean Diet for Beginners" was a helpful, fun, enticing and informative book. This is no ordinary cookbook, folks. Aside from being chocked full of delicious recipes for any time of day, the book began by explaining the importance, and incredible benefits, of the Mediterranean diet. It really helped me to learn simple, easy ways that I can eat delicious food in a healthier way by making simple substitutions, such as swapping out loads of butter for flavorful olive oil. I also had no idea that you could make your breads and pastas so much more nutritious simply by switching to whole grains and whole wheat flour. I really liked how most of the recipes explained how you could make unique meals out of the leftovers. My favorite recipe was the herb-roasted chicken. It sounds so flavorful with the fresh thyme, rosemary and bay leaf. My mouth was watering just reading it! I will definitely be making that this week. From weight loss help to 10 tips for success to delicious recipes, this book is a MUST read.

There is nothing more satisfying than being able to eat what you want and lose weight and feel healthy while you're doing it--this is the genius of the Mediterranean Diet, as detailed in *The Mediterranean Diet for Beginners*. Offering the science behind the diet, advice on eating, dozens of recipes, and a 7-day sample meal plan, this book is the perfect aid for those interested in trying out a less restricted, healthy eating plan. The best thing about *The Mediterranean Diet for Beginners* is that it offers realistic, health-conscious advice, like foregoing the cold-turkey approach many diet regimens adopt, and advocating using *The Mediterranean Diet* for a lifestyle change rather than a temporary weight-loss plan. A truly helpful and informative guide.

Watch these recipes for errors: Wrong baking times and temps, missing or ill placed instructional steps, and incompetent guidelines. Obviously the authors did not test these recipes as they do not turn out as planned.

This book, *The Mediterranean Diet for Beginners*, is intriguing to read because it provides a lot of history about the Mediterranean way of eating. Before reading this book, I thought that this was just another fad diet that would work for me for a week or two. I heard about the book and decided to give dieting another try before swimsuit season. To my surprise, this is not a fad diet at all! The Mediterranean Diet has been a way of life for many people throughout the world for a long, long time. The book discusses the history, health benefits, and simple common sense about food. The only negative I found with this book, which I find with quite a few diet and recipe books, is that "fresh" foods are not as easily found in the Midwest. By "fresh", we mean it was fresh a week ago in Florida and just arrived here yesterday. But this problem is not the book's fault. I have tried a few of the recipes, such as the roasted honey-cinnamon apples which were awesome! I have also bookmarked quite a few more to try this later this spring or summer.

After reading *The Mediterranean Diet for Beginners: The Complete Guide* by Rockridge Press, I felt very excited about this new way of eating. There is a great amount of data presented from reputable health organizations about all of the wonderful health benefits of this diet. Aside from losing weight, this diet has been shown to have a positive effect on coronary health, stroke risk, and diabetes. What's more is that studies show that this diet prevents some types of cancer, improves bone health, reduces the risk of cardiovascular disease, and metabolic syndrome. But what is great about eating the Mediterranean diet is that it doesn't even sound like a diet! This book presents this diet as

more of a life-style change than a diet. With all of the scrumptious recipes at the end of the book, I was ready to start eating! It sounds like a fun and delicious way to improve health. It's simply about eliminating the unhealthy foods with scrumptious fresh, whole foods. An occasional treat and daily glass of wine are also admitted! There is no calorie counting, food weighing, nor strenuous exercise, just preparing healthy meals and creating an atmosphere of joy with friends a family!

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