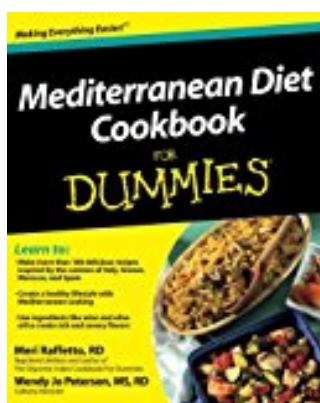


[PDF] Mediterranean Diet Cookbook For Dummies

Meri Raffetto, Wendy Jo Peterson - pdf download free book



Books Details:

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Description:

From the Back Cover Improve your health, lose weight, and prevent and fight disease

Rather than focusing on restricting certain foods and ingredients, the Mediterranean diet embraces a variety of food choices that won't make eating healthy feel like a sacrifice. Promoting freshness, whole grains, healthy fats, more vegetables and less meat, proper portion control, and using items

such as wine and olive oil to create rich flavors, *Mediterranean Diet Cookbook For Dummies* shows you how a delicious diet can be healthy and tasty.

- Start exploring — discover how the Mediterranean lifestyle encompasses dietary habits, physical activity, stress management, and fun
- 2. Here's to a healthier you — delve into the benefits of a Mediterranean diet and lifestyle, such as heart health, a reduced risk of cancer, and weight loss
- 3. Before things heat up — get meal -planning strategies, cooking tips, guidelines for stocking your kitchen, and grocery-shopping ideas
- 4. Start cookin' — from breakfasts and appetizers to dinners and desserts, find delicious recipes for any meal of the day

Open the book and find:

- The health benefits of the traditional Mediterranean diet
- 2. Tips to make the switch to the Mediterranean diet
- 3. More than 160 delicious recipes for every meal and occasion
- 4. Timeless and contemporary Mediterranean dishes
- 5. How to satisfy your sweet tooth and still stick to a healthy diet plan
- 6. Ways to incorporate more plant-based foods in your diet
- 7. Increase your omega-3 intake

Learn to:

- Make more than more than 160 delicious recipes inspired by the cuisines of Italy, Greece, Morocco, and Spain
- 2. Create a healthy lifestyle with Mediterranean cooking
- 3. Use ingredients like wine and olive oil to create rich and savory flavors

About the Author Meri Raffetto, RD, is a registered dietitian and recognized professional in nutrition and wellness.

Wendy Jo Peterson, MS, RD, has more than 10 years of experience working to enhance the nutrition and wellness of her clients.

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