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Mediterranean Diet Meal and Salad Recipes
(Mediterranean Diet, Mediterranean Recipes,
European Food, Low Cholesterol) (Volume 4)**

Patrick Smith

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Series Bundle: 3 Mediterranean Cookbooks in 1!

Dear reader,

This is the bundled version of my bestselling Mediterranean Diet Cookbook series in the form of one big book, which includes 150 versatile recipes for breakfast, lunch, dinner and salads.

The Mediterranean lifestyle is a healthy way of eating and one of the finest diets in the world. It uses ingredients and seafood from the countries surrounding the Mediterranean Sea, such as Greece, Italy, France, and Spain. Mediterranean meals have high nutritional value, promote low blood pressure, low cholesterol levels, weight loss, and help you keep a healthy weight.

150 Mediterranean Recipes - Each a Secret to Healthy Living

Here is an overview of what's inside:

- * Overview of the Mediterranean diet
- * 22 Mediterranean breakfast recipes
- * 22 Mediterranean lunch recipes
- * 22 Mediterranean snack recipes
- * 12 Mediterranean side dishes
- * 22 Mediterranean dinner recipes
- * 10 Mediterranean vegetable salads
- * 10 Mediterranean fruit salads
- * 10 Mediterranean pasta salads
- * 15 Mediterranean meat & seafood salads
- * 5 Mediterranean salad dressings
- * Answers to frequently asked questions
- * Lists of ingredients for the Mediterranean diet

As a health and nutrition coach from the Mediterranean, I have a vast archive of healthy recipes, ingredients and their properties. In this bundle, I have collected the finest Mediterranean recipes at my disposal.

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