



The Everything Mediterranean Diet Book: All you need to lose weight and stay healthy! (Everything®)

Connie Diekman, Sam Sotiroopoulos

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Did you know that eating nutrient-rich vegetables, healthful olive oils, and getting plenty of exercise can help you shed pounds and prevent diseases? It's true! In The Everything Mediterranean Diet Book, veteran dietician Connie Diekman counsels you on how eating a diet direct from the Mediterranean—as well as getting plenty of exercise—will have you dropping a size (or two!) in no time! Not only will you learn how to adopt heart-healthy habits, you'll also find the book packed with 100 delicious recipes such as:

- Chicken Tagine with Whole Wheat Couscous
- White Bean and Tomato Pizza
- Grilled Fennel Shrimp
- Pancetta with Peaches
- Hazelnut Ricotta Cake

This is the Mediterranean Diet you've heard so much about, demystified. By learning to utilize the Mediterranean Diet Pyramid, you'll eat your way to better health!

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