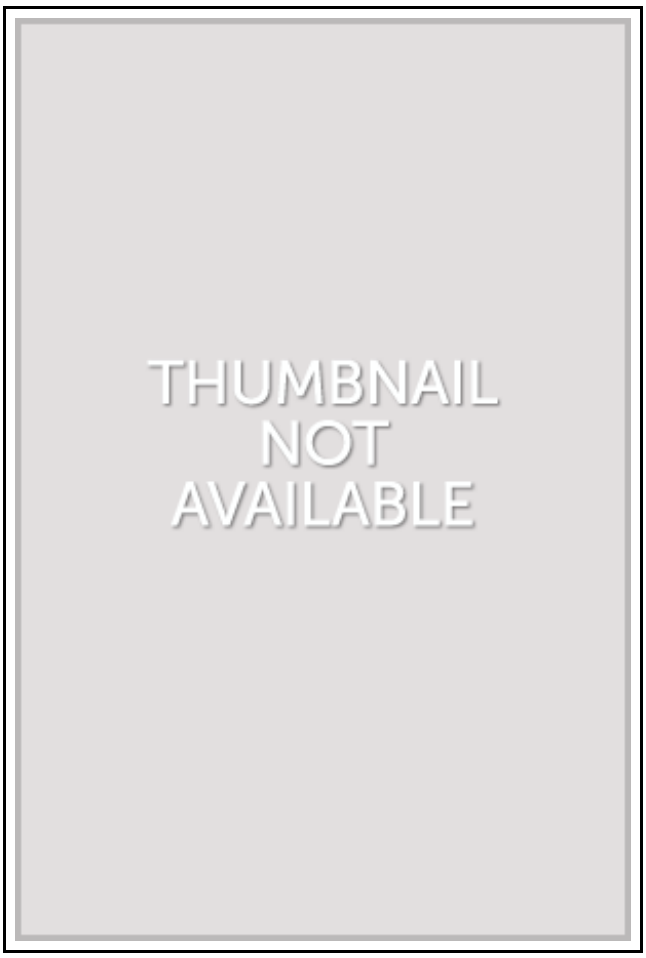
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mediterranean Diet for Beginners and Pros: A Meditarrenean Cookbook with Recipes for Weight Loss and Healthy Eating. The Mediterranean Diet has been around for a while now and has garnered rave reviews from many. It s because it s a diet that is healthy without being extremist and has basically come about by studying the eating habits of healthy people living in the region of the Mediterranean. This area contains locations like Southern Italy, Spain and Greece and parts of the Middle East and Northern Africa. These are countries and locations that have been known for centuries for their great food. But what was also noticed was that people that lived in these areas tended to have better health and weight loss without a lot of the issues with diet that are common in many other areas of the world. Scientist and doctors decided to study why this was and they discovered that the kind of food that was eaten in this area, along with the lifestyle, contributed to long lasting health and overall longevity. There are many things that make Mediterranean Diet Recipes and Cooking popular. First of all, you basically lose weight by changing your eating habits and eating Mediterranean style dishes. So that means that calories and carbs counting isn t as important, because these foods are naturally low in calories and high in nutrition. Unlike other diets that are restrictive, Mediterranean cooking takes a well balanced view of foods that you already may be eating. For instance, bread and bread products are allowed. The suggestion is to eat whole grain breads, not white processed bread. Also, you re trading bad fats for good fats....

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