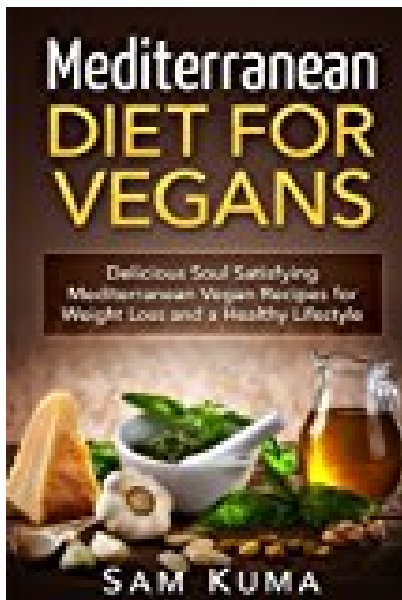


Mediterranean Diet Mediterranean Diet for Vegans Delicious Soul Satisfying Mediterranean Vegan Recipes for Weight Loss and a Healthy Lifestyle ... Soy Free Low Fat Plant Based Volume 1



BOOK DETAILS

- Author : Sam Kuma
- Pages : 154 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

With 150 original recipes, menu plans, and dieting tips, you'll get a comprehensive tour of the Mediterranean diet! By combining nutrient-rich vegetables, healthful olive oils, and plenty of exercise, this lifestyle can help you shed pounds and prevent myriad diseases. Here, you'll learn how to adopt heart-healthy habits and create recipes like: Chicken Tagine with Whole-Wheat Couscous White Bean and Tomato Pizza Grilled Fennel Shrimp Pancetta with Peaches Hazelnut Ricotta Cake By learning the science behind better eating and how to utilize the Mediterranean Diet Pyramid, you will eat your way to better health--and feel like a Greek god or goddess in the process!

MEDITERRANEAN DIET MEDITERRANEAN DIET FOR VEGANS DELICIOUS SOUL SATISFYING MEDITERRANEAN VEGAN RECIPES FOR WEIGHT LOSS AND A HEALTHY LIFESTYLE ... SOY FREE LOW FAT PLANT BASED

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