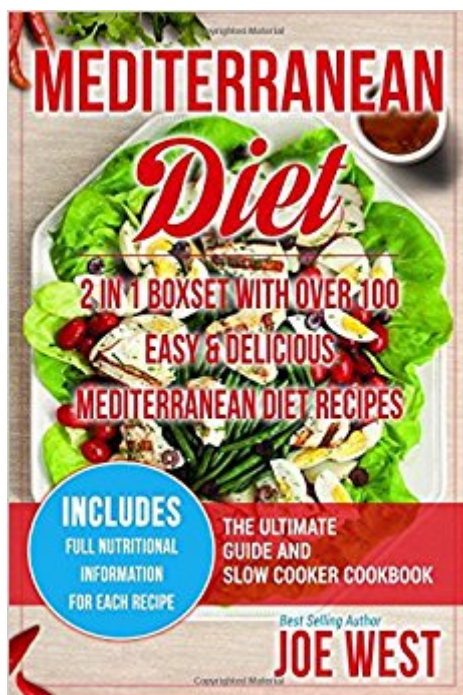


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Mediterranean Diet: 2 In 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide And Slow Cooker Cookbook ... Cooker Cookbook, Mediterranean Diet Cookbook)



Synopsis

Mediterranean Diet: 2 in 1 Boxset With Over 100 Easy & Delicious Mediterranean Diet Recipes - The Ultimate Guide and Slow Cooker Cookbook ****BONUS**** Buy a paperback copy of this book NOW and you will get the Kindle version Absolutely FREE via Kindle Matchbook. Looking To Live A More Healthier You? The Mediterranean diet is comprised of food that comes from an expansive region including Spain, southern Italy, Greece, Monaco, France, Turkey, and parts of the Middle East. This means that there are nearly endless food choices that make dieting easy, fun, and new. You don't have to put so much focus on what you can't have because there are so many foods that you can enjoy. In fact, the staples of Mediterranean food include olives and olive oil, wheat, fresh produce, and wine. Yes, that is right - wine. On this diet, having a glass of red wine with dinner is not only okay but is part of the meal plan! Although, if you are averse to alcohol, you can leave out the red wine and still have all the same great results. This diet will not only help you to lose weight but will transform the entire way you look at your health and wellness for the better! Here Is A Preview Of Some Of The Delicious Recipes You'll Learn... In Book 1: Mediterranean Diet: The Complete Beginner's Guide To Weight Loss & Healthy Living + 7 Day Meal Plan & Recipes Why The Mediterranean Diet? Mastering The Mediterranean Diet Benefits Of The Mediterranean Diet? The Science Behind The Mediterranean Diet 7-Day Diet Plan For Weight Loss BONUS: Shopping & Meal Prep Tips & Tricks In Book 2: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes Barbunya Pilaki Braised Swiss Chard Creamy Lebleli Stew Greek Dolmades Mediteranean Pizza And Much Much More.

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