



The Mediterranean Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss (Healthy Weight Loss Diets Book 2)

Alissa Noel Grey

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LOOKING TO LOSE WEIGHT, INCREASE YOUR ENERGY AND FEEL GREAT?

DISCOVER THE AMAZING HEALTH AND WEIGHT LOSS BENEFITS OF THE MEDITERRANEAN DIET!

Following the Mediterranean diet is healthy and rewarding because it is without doubt the most well-respected and scientifically documented diet in the world. In the Mediterranean countries food is prepared with love, passion, and lots of fresh ingredients - fruit, vegetables, legumes, grains, nuts, lean meats, healthy fats and aromatic herbs and spices. Changing your food habits and eating the way people in the Mediterranean do will not only help you lose weight but will lower your cholesterol levels, stabilise your blood pressure and improve your health and mood.

From the author of several bestselling cookbooks, busy mom and fitness enthusiast **Alissa Noel Grey**, comes a great new collection of delicious recipes that will make you healthier, happier and more energetic than ever.

The Mediterranean Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss is an invaluable and inspirational resource of healthy, whole food, primarily plant-based recipes that will help you improve your health, add years to your life and give your body all the superfoods it needs to function at its best.

Whether you're just discovering the healthfulness of the Mediterranean diet or are looking for some new recipes to add to your repertoire, **The Mediterranean Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss** has everything you need to start living a healthier life.

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