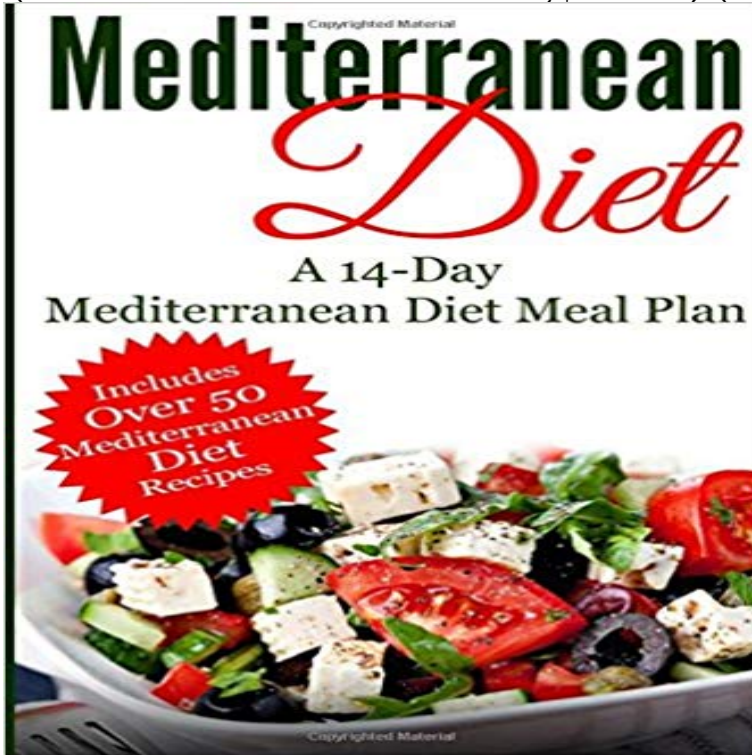


## Mediterranean Diet: A Mediterranean Diet 14-Day Meal Plan (Mediterranean Diet For Beginners) (Volume 1)



\*RECEIVE: A 14-DAY MEDITERRANEAN DIET MEAL PLAN TO GET OFF TO A GREAT START & OVER 50 NEW RECIPES! If you want a reduced risk of heart disease, cancer, Parkinsons and Alzheimers disease, research shows that the Mediterranean Diet is the way to go (Mayo-Clinic, 2014). It combines healthy meals, with a mixture of olive oil and the healthiest fruits, vegetables, nuts, fish, and other delicious treats from the Mediterranean Diet.

INCLUDED:: - A Clear Cut 14-Day Mediterranean Diet Meal Plan To Get You Started - 13 Delicious Mediterranean Diet Breakfast Recipes To Get You Day Off To A Great Start - 14 Tasty Mediterranean Diet Lunch Recipes - 15 Mouth-Watering Mediterranean Diet Dinner Recipes - 7 Mediterranean Diet Snacks To Keep Your Appetite In Check - 5 Delicious Mediterranean Diet Desserts - The Facts About The Mediterranean Diet & What It Can Do For You! - And More! Here Is A Preview of The Recipes: - Breakfast Quinoa - Grilled Pepper Panzanella - Bread Salad with Feta and Summer Cheese - Pasta and Lemon Basil Shrimp - Seared Tuna Steaks - And More!

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