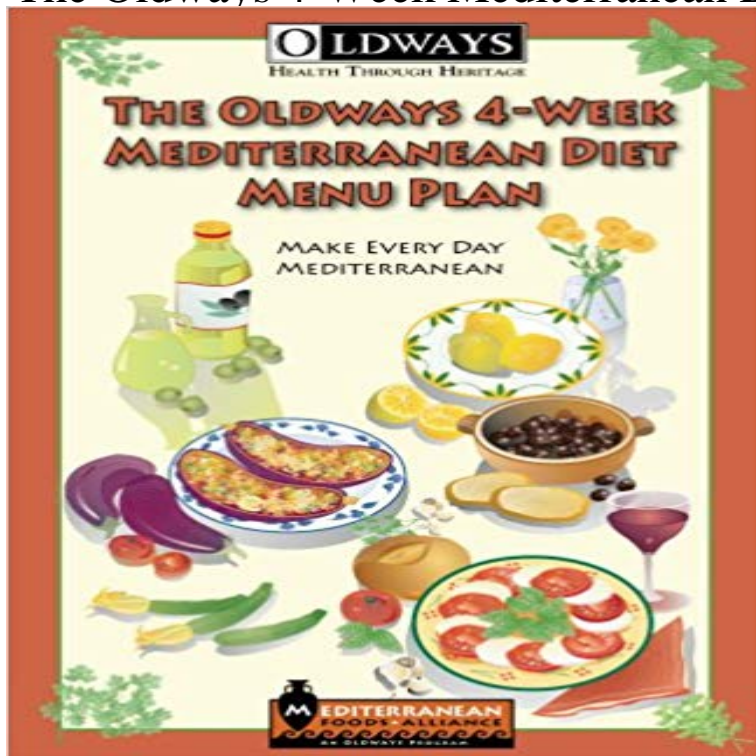


The Oldways 4-Week Mediterranean Diet Menu Plan



The Mediterranean Diet is not a diet, as in go on a diet, even though its a great way to lose weight and improve your health. Rather, its a lifestyle, based upon the traditional foods (and drinks) of the countries that surround the Mediterranean Sea. Scores of leading scientists have rated this way of eating as one of the healthiest diets in the world, while millions of people like you have rated it one of the most delicious!The menus youll find in The Oldways 4-Week Mediterranean Diet Menu Plan are designed to take you on a 28-day journey through many of the delicious and satisfying tastes of the Mediterranean Diet. Unlike most diets, the Mediterranean Diet doesnt cut out all the good stuff and leave you feeling deprived. Because it features a wide variety of foods that are just naturally healthier and lower in calories, youll find you can enjoy good taste and good for you at the same time.

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