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## The Mediterranean Diet Cookbook: A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes (Paperback)

By Rockridge Press

Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Live well the Mediterranean way with The Mediterranean Diet Cookbook: A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes. The Mediterranean Diet Cookbook is a comprehensive collection of 150 healthy and easy-to-follow recipes featuring delicious breakfasts, salads, soups, seafood and meat dishes, snacks, desserts, and more. You ll be introduced to a new world of cooking with the freshest ingredients, herbs, and spices to create unparalleled taste sensations. Let The Mediterranean Diet Cookbook be your guide to healthy eating: \* 150 recipes, including such mouthwatering creations as Apple and Tahini Toast, Nicoise Chicken, Bouillabaisse, Couscous with Apricots, and Red-Wine Poached Pears. \* A Mediterranean diet is a great choice for losing weight simply, without complex plans and tedious calorie counting. You ll naturally maintain a healthy weight by eating foods that are rich in nutrients and low in fat- -all without sacrificing flavor. \* Improve your heart health and mood, and think more clearly with these super-foods packed with omega-3s, antioxidants, and fiber. \* The recipes offer numerous, delicious choices in every meal category to plan Mediterranean...



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### Reviews

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