

# Mediterranean Diet The Essential Beginners Guide To Quick Weight Loss And Healthy Living Plus Over 100 Delicious Quick and Easy Recipes + 7 Day Meal Plan

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## BOOK DETAILS

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## BOOK SYNOPSIS

Obesity, diabetes, heart disease and cancer—all diseases that have been scientifically linked to diet—are at an all-time high. But there's a way that's been successful for millions of people for thousands of years: the Mediterranean diet. In *The Complete Mediterranean Diet*, top cardiologist Michael Ozner offers the traditional Mediterranean diet—clinically proven to reduce your risk of heart disease, cancer and numerous other diseases—with the latest scientific findings in health and nutrition to create a diet that's easy to follow. Alongside an abundance of evidence supporting the Mediterranean diet's incredible health benefits, including sustainable weight loss, Dr. Ozner includes 500 delicious, classic Mediterranean recipes, such as: Savory Mediterranean Chickpea Soup Pizza Margherita Grilled Citrus Salmon with Garlic Greens Spicy Whole Wheat Capellini with Garlic With a foreword by Debbie Matenopoulos, *The Complete Mediterranean Diet* shows you how and why to change your diet for a longer, healthier, happier life.

### **MEDITERRANEAN DIET THE ESSENTIAL BEGINNERS GUIDE TO QUICK WEIGHT LOSS AND HEALTHY LIVING PLUS OVER 100 DELICIOUS QUICK AND EASY RECIPES + 7 DAY MEAL PLAN** - Are you looking for Ebook

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