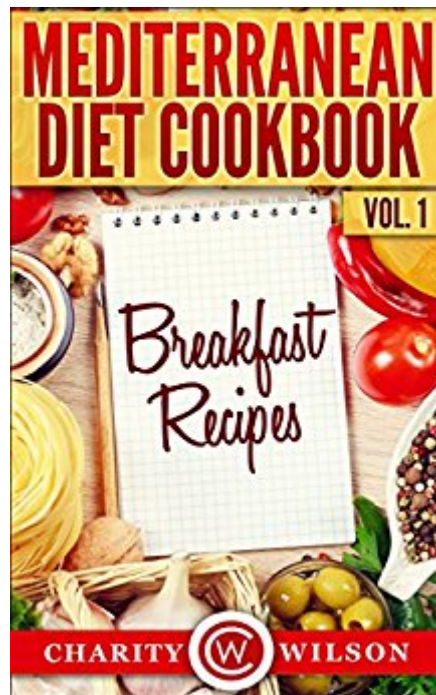


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# MEDITERRANEAN DIET: Vol.1 Breakfast Recipes (Mediterranean Diet Recipes)



## Synopsis

\*Download FREE with Kindle Unlimited or Paperback purchase\* Then just write out the recipes you love in a Blank Book Billionaire blank recipe book. You can find some great options by searching "My Recipe Journal" right here in "Mediterranean Diet Cookbook Vol. 1 Breakfast Recipes". The Mediterranean diet could be considered one of the healthiest and easiest diets to follow. There are few restrictions and the approach is more about sensible eating than deprivation. Inside you will discover some awesome breakfast recipes that will allow you to effortlessly transition your current lifestyle over to a Mediterranean inspired dietary lifestyle. By feeling like you are eating normal it becomes much easier to maintain a healthy weight and even lose weight with a Mediterranean diet. What Does The Mediterranean Diet Include? The list of foods you can enjoy are essentially endless, but there are guidelines with the Mediterranean diet that make it easy to follow. Here is what you can look forward to: Plenty of plant based foods and fruits. Enjoy nuts, beans, grains and seeds. Healthy fats like olive oil become a main source of healthy fats. Yogurt and cheese are there for dairy lovers. Fish and poultry are enjoyed moderately. Red meat is enjoyed sparingly. About 4 whole eggs a week. Moderate amount of wine which makes most people love this diet. As you can see the Mediterranean diet still allows you to feel like you are living life and not dying while dieting. There has also been numerous health benefits associated with a Mediterranean diet including a reduced risk of heart disease, cancer, Parkinson's, and Alzheimer's. It is the best diet to help you lower your cholesterol. It is a diet that just plain works for enhancing the quality of your life. Would You Like Even More Recipes? In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series: Mediterranean Diet Cookbook Vol. 2 Lunch Recipes, Mediterranean Diet Cookbook Vol. 3 Dinner Recipes, Mediterranean Diet Cookbook Vol. 4 Snacks & Dessert Recipes, Mediterranean Diet Cookbook Vol. 5 Slow Cooker Recipes. Download and start enjoying your recipes right away. Scroll to the top of the page and select the buy button.

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File Size: 947 KB

Print Length: 105 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 22, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NUDQ36O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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## Customer Reviews

After I travelled to Greece a few months ago, I have totally been into the Mediterranean Diet. It not only has amazing health benefits (that can make you live longer), but it tastes delicious today. This ebook is great because it specifies just breakfast recipes as opposed to everything. I am hoping this author creates a lunch one too - because the 2 breakfast recipes I tried were amazing!

As a professional nutrition counselor, I highly recommend the Mediterranean Diet for overall health and smart nutrition. Breakfast is often a challenge for clients, so I am pleased to suggest this book for some great, healthy breakfast ideas.-Dan DeFigio, author of The Two Week Transformation and Beating Sugar Addiction For Dummies

This is the second Mediterranean Diet cookbook I've read by this author and love them both! I find it's tough to get creative with breakfast and this recipe book has re-inspired me! Can't wait to try the Breakfast Couscous! YUMMY! Like the way this book flows start to finish with take action information to better your health. Buy it and let the author know what you think!

This is my first Mediterranean Diet cookbook I've read. I am glad to have found this one. I am eager to try out all the delicious recipes. The book flows nicely from start to finish. It also adds valuable health tips throughout which makes it not only a cookbook but also a health book. Great job. highly recommended.

Breakfast is my most important favorite meal of the day. This book I grabbed because of the

awesome reviews and I was not disappointed! This diet is so easy to transition to from a standard american diet and after just 5 days I already see results in far as weight loss. this book is very well written, I highly recommend it!

What is the Mediterranean diet? If you ever watch Inspector Moltanbano, the Sicilian detective you will see that fish, seafood, white meats, pasta, fresh fruit and veg and home-cooking are fundamental to the Italian lifestyle and the TV show as a matter of fact. The Mediterranean Diet is not complicated - the beauty is in how simple and flavourful it is. What it is NOT is fast food, nasty microwaved faye, burgers, hot dogs and beer. Dairy and wine are fine, but the emphasis is on moderation. Book contains some lovely eggy variations for breakfast, as well as couscous and hummus ideas to get your day going. I notice that many of these are also PALEO or Paleo adaptable. The Cherry, Almond and Baked Apple is a sensational idea for brekkie - great for vegans as well. I will definitely be having the strawberry waffles and I think the Brie and Bacon Omelette will do me for lunch easily. Each recipe lists the calorie, carb, fat and protein content. Although it is called Breakfast recipes; I would think that many of these are ideal as snacks (ie the scones and pancakes), lunches or even for light dinners (ie salmon, tuna and turkey recipes). Wonderful combining of those Mediterranean essentials ie feta, olives, peppers, basil, artichokes, tomatoes etc. Easy recipes, easily assessable ingredients - GREAT COOKBOOK. I notice the author mentioned Kosher salt and so I assume recipes are Kosher as well.

I love the Mediterranean Diet so I'm glad I found this book. "Mediterranean Cookbook" is loaded with delicious, healthy, and creative recipes you and your family will love. I really like the toasted oatmeal. Thanks!

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