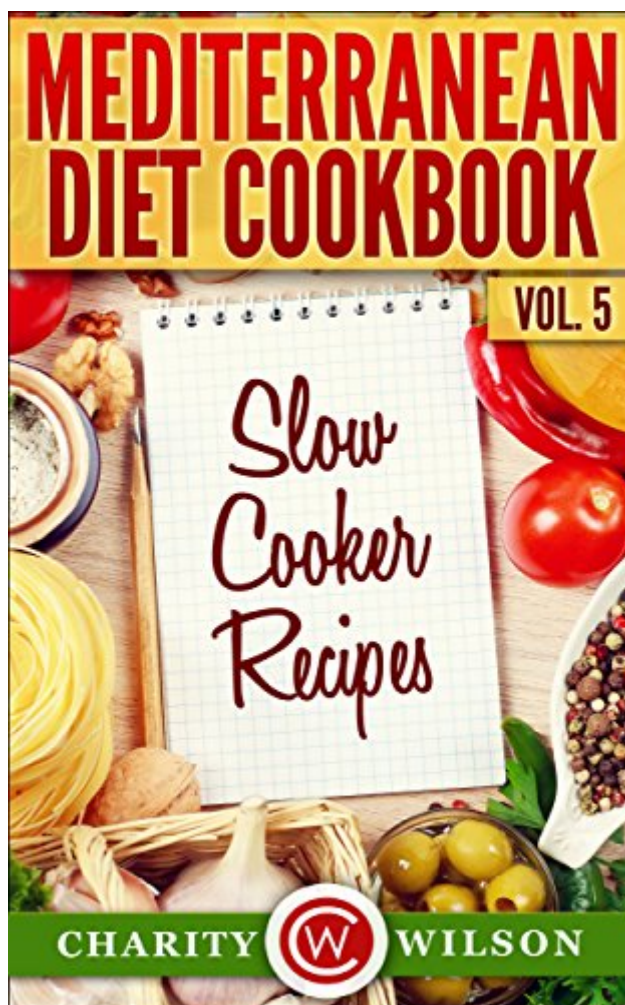


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MEDITERRANEAN DIET: Vol.5 Slow Cooker Recipes (Mediterranean Diet Recipes)



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. 5 Slow Cooker 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 slow cooker 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. 1 Breakfast Recipes
- Mediterranean Diet Cookbook Vol. 2 Lunch Recipes
- Mediterranean Diet Cookbook Vol. 3 Dinner Recipes
- Mediterranean Diet Cookbook Vol. 4 Snacks & Dessert Recipes

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Book Information

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Customer Reviews

This collection of Mediterranean Diet recipes for the slow cooker is awesome. I'm a big fan of this diet and am just starting to use a slow cooker. This is the perfect book of recipes for me. The recipes here are full of flavor - not boring and hum-drum diet food. These recipes are for food you'll really enjoy eating. That's one of the things that will help you be successful with this diet. As I write this review, the wonderful aroma of Moroccan chicken from this book is in my crock pot and is starting to fill my house. I can't wait for dinner!

I love my slow cooker and I love the Mediterranean diet, because it is actually not a diet but a lifestyle. And this diet even allow me to have a glass of red wine with a meal, that is awesome diet! And this is wonderful cookbook containing tons of Mediterranean recipes. I already tried a couple of recipes - Moroccan chicken with black olives and Greek style stuffed peppers. Those were delicious!

I think I just found my excuse to keep the slow cooker on the kitchen counter. Love the surplus of chicken recipes. They're unique, delightfully tasty and most importantly easy to prepare. Completely hooked on these recipes after trying the sweet potato and chicken stew. I'm excited for her future recipes.

Mediterranean Diet Cookbook is a well written practical recipe guide that opens you up to healthy eating. I like how the author first talks a little about what this diet is all about, before jumping into the

recipes. Creative healthy eating at your fingertips!! I recommend you buy this book and let the author know what you think! Good Stuff!

I love this book. I'm trying to eat a little healthier and some of the recipes are really delicious. I haven't tried them all but my favorite is the Succotash (Med. style). I've made it twice. I also like the Roasted Pepper Sloppy Joes. Mmmmm. really delicious.

Good collection of recipes. But it's just recipes that the author of this book found on the internet. That's why there are no pictures in the book. If you want the pictures you'll need to google the title to get the original recipe and picture. The recipes are good so I give the book 3 stars. But I just think maybe the author should have credited the person she took the recipes from. The ebook does include nutritional info.

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