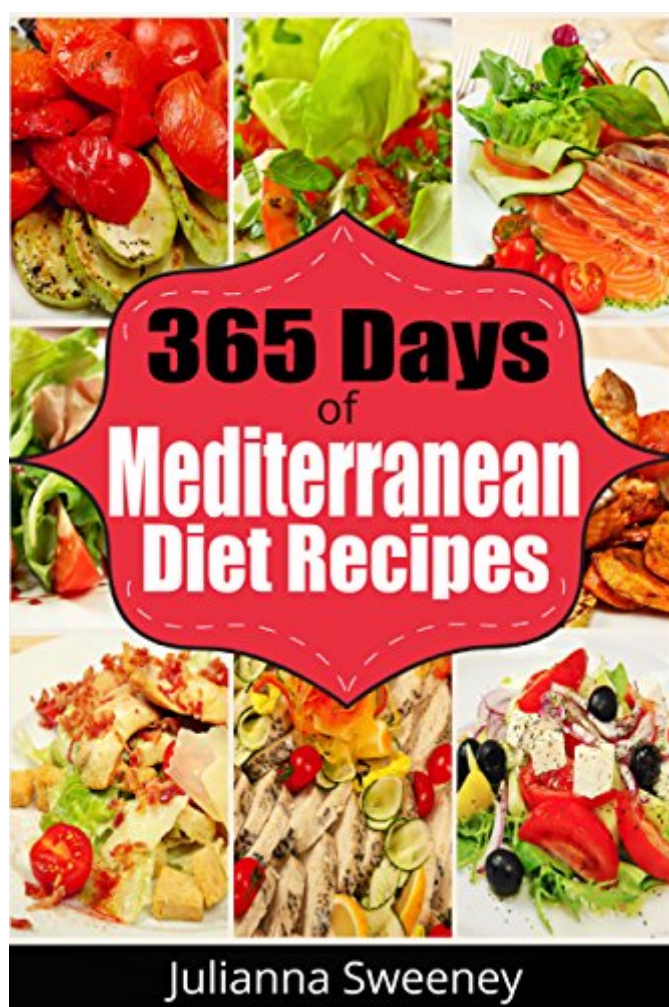


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# **Mediterranean Diet: 365 Days Of Easy, Delicious, And Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet For Weight Loss)**



## Synopsis

DISCOVER 365 DAYS OF AMAZINGLY SIMPLE MEDITERRANEAN DIET RECIPES! DOWNLOAD TODAY AND RECEIVE A FREE BONUS!\*\*\*Read this book for FREE on Kindle Unlimited or Free with Paperback Purchase - Download Now!\*\*\*If you want to delicious and healthy meals and follow your Mediterranean Diet then this recipe book is for you.... INSIDE THIS RECIPE BOOK you will get recipes covering everything from Breakfast, Stews, Soups, Main Dishes, and more! If you are new to the Mediterranean Diet and do not have an idea as to where to start in terms of your meals, look no further than this book. You will have at least one new recipe to try for an entire year! As you go through the recipes, you will notice that the meals are easy to prepare, yet they pack a ton of vitamins and nutrients that are essential to maintaining overall health, especially for your heart. The Mediterranean Diet recipes that you read about and prepare rely heavily on vegetables, fish, whole grains, and the good oils, which all contribute to a wholesome, healthful diet experience that might just turn into a routine! The best part is, you get to reap all of the benefits of going on a diet without having to sacrifice the delicious food. So try out some old favorites or discover a new recipe; whatever you choose, you will be doing your heart a big favor. HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOKâ € Mediterranean Diet Country Egg Scrambleâ €Mediterranean Diet Shrimp with Crushed Tomatoes & Fetaâ €Mediterranean Diet Chicken & Vegetable Ragoutâ €Mediterranean Diet Zesty Cauliflower In Slow Cookerâ €Mediterranean Diet Pork Tenderloin â €Mediterranean Diet Beef Sandwiches in the Slow Cookerâ €Mediterranean Diet Lemon-Almond Cake â €Mediterranean Diet Pineapple Mango Smoothieâ €MUCH MUCH MORE! Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

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## Customer Reviews

This book suffers from little if no editing. Sometimes the recipes are not consistent with the ingredients, sometimes the ingredients are left out in the cooking stages. There are references to notes that don't appear in the recipe. There are no page #'s, no index, no logical sequence of where a recipe would follow in one of the several sections. I've never seen a cookbook quite like this. That being said, the recipes look mouthwatering most of the time, and I'm trying one today. It looks good. There are a few places where she uses things like Taco Seasoning and Bisquick, but for the most part she makes a Mediterranean dish. This book is really a first draft, where many things are overlooked, but the recipes seem sound. I would hope that an extensive revision takes place and these annoying problems go away.

Truly awful directions. Example 1: calls for 1 tomato; put the tomato in a bowl. Mix with other ingredients. Ummm ... cut it up? slice it? dice it? whole? ... what? Example 2: mix 2 cups of the flour, baking soda and sugar in a bowl. Place the butter in a food processor and process until the mixture resembles bread crumbs. Ummm ... if I only have butter in the food processor, it is NEVER going to look like bread crumbs. Every single recipe I looked at (probably 30 or 40) had similar problems. One made me laugh ... cook your penne pasta, drain well in a calendar. (Is it okay if I use my 2014 calendar? I'm done with that one.) Please author ... edit your cookbook.

This book is about making up for other failed diets. Many reasons were given for why this can happen. Some being a certain diet being difficult or the foods chosen doesn't work for the body. I totally agree as this is a proven fact. This diet mentioned in the book creates simplicity. Its based solely on the eating habits of a country as oppose to an entire region. this makes it easier as they

only eat what is available to them. The best part of it is the recipes as guide there. there was yogurts, breakfast, dinner and more. I found my favorite to be 'Fruit and Nut Oatmeal'. You can find a lot for yourself from this.

I came for the recipes and I got what I wanted. They seemed really good. I tried the diet apple pie and yogurt. My husband and I liked it. The recipes were well and clearly written so they were easy to follow and the ingredients were accessible in any grocery store. I guess my only issue is that there were no images of the dish, which I think is necessary for any recipe book. Nevertheless, I'm trying the other recipes since my first attempt was a YES.

There were many forms of diet now a days and I was looking for one that is perfect for me. I don't like those diets that are so strict and compromise my cravings. I'm glad that I came across with this book and I find it useful and easy to follow diet book. It has a complete 365days recipe. I appreciate the author's effort in making this book. I find it very important to me and useful because I will no longer plan my meal instead follow this book. Thanks to Julianna.

It has a lot of great recipes and I want to try almost all of them. One not so favorable comment I have to make is that it has some recipes repeated several times. One recipe we found printed 6 times in the book. Also, there are no page numbers so I have to mark them with some type of book mark. Other than that, we have made some of the recipes and they are really good. Overall, I do like the book.

No index! The recipes are great, but it is time consuming trying to find the one that you liked again. Who writes a cookbook and doesn't include an index of recipes? For that reason I would not recommend this book to a friend.

This book is a mixed blessing. Some of the recipes are excellent. BUT there are no page numbers, no index, and the table of contents lists categories of recipes, but of course no page numbers. So I spent two hours putting numbers on every page, and at least the page numbers on the table of contents. I have written my favorites on the inside cover. (WITH PAGE #s!) Overall a good group of recipies, but you will have to put some time in to finish writing the book!

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