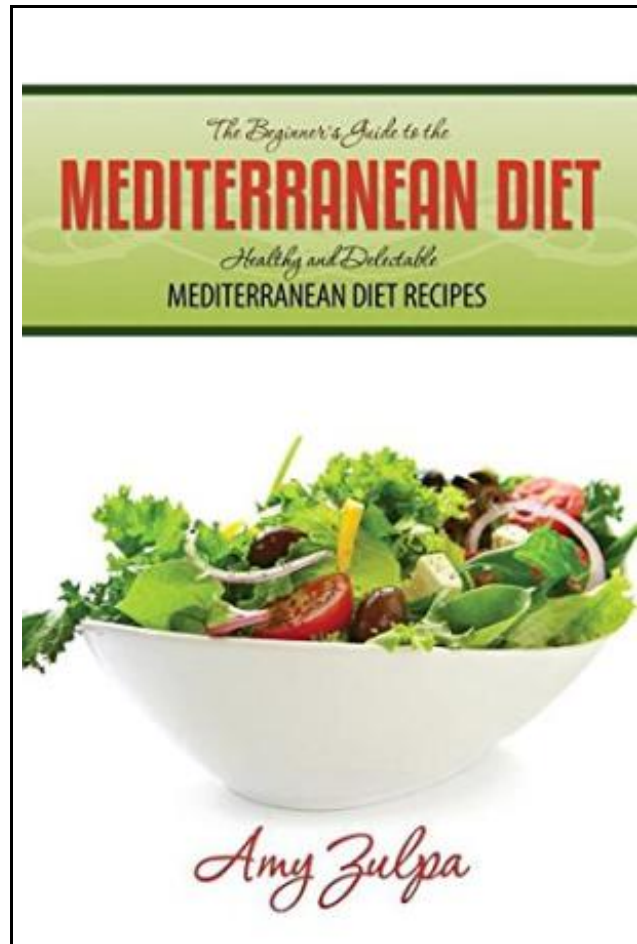


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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mediterranean diet is more than just about food; it s about an all-around healthier lifestyle. Proponents of the diet encourage healthy activities, such as spending meal time with family and friends, and enjoying and savoring your food. In her book *Beginner s Guide to the Mediterranean Diet*, Amy Zulpa highlights and explains how you can enjoy the zest for life such an approach can bring. By following the Mediterranean diet pyramid, you will be eating a largely plant-based diet, with the added benefits of better than average, sustainable weight loss, significantly lower risk of developing Type 2 diabetes, and better heart health. *The Beginner s Guide to the Mediterranean Diet* is a useful book for anyone to have in the home. It is a great starter recipe book for the newbie homeowner who wants to learn how to cook healthy meals. Folk have been trying to find out about the secret Mediterranean diet as its benefits have become better known. The diet is not only filled with delicious meal options, but is extremely healthy as well. The author explains what the Mediterranean diet is and then goes into the benefits before providing the reader with some great recipe options to try for themselves.

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