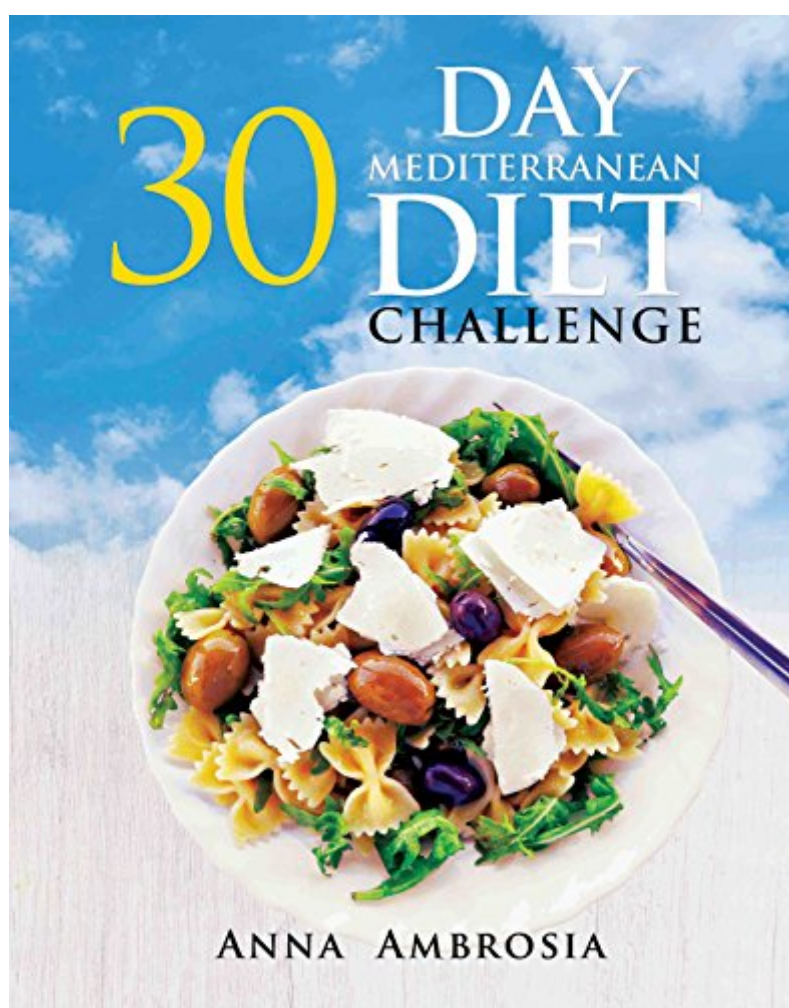


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# 30 Day Mediterranean Diet Challenge: Mediterranean Diet Cookbook 30 Day Meal Plan For Weight Loss And Optimal Health



## Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! Complete 30 day meal plan (90 unique recipes) for the Mediterranean Diet! Promote rapid weight loss, increased energy, and optimal health so you can feel better than ever! Some of the biggest authorities on nutrition, weight loss, and overall wellness have recognized the Mediterranean Diet is among the most effective ways to not only lose excess body fat quickly, but promote maximum overall health in order to improve your quality of life! But thousands of Mediterranean Diet enthusiasts around the world didn't need the experts to tell them that. They already knew how effective the Mediterranean Diet can be because it has already worked for them! Breakfast, Lunch, And Dinner Every Day For 30 Days! This cookbook is specifically made for the Mediterranean Diet and includes an amazing collection of fresh, healthy recipes to make you feel your best! You will want to make these recipes over and over again, not just because of the dramatic weight loss you'll experience, but because they taste so good! Losing weight can be easy! Losing weight can be a struggle, but it doesn't have to be! When you have recipes you love for a diet program that works, weight loss becomes both easy and fun! Enjoying a Mediterranean Diet has helped thousands of people to lose 30 pounds per month. How would your weight loss efforts improve if you had a 30 day Mediterranean Diet meal plan you could start enjoying tonight? Accept the Mediterranean Diet challenge! Grab this cookbook today and discover why those in the know are raving about the Mediterranean Diet. Enjoy three amazing, fresh, tasty meals every day for 30 days - the best way to enjoy the Mediterranean Diet! Don't take a pass on these Mediterranean Diet recipes that your family will love and that will make you look thinner and feel healthier and better than you have in years!

## Book Information

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## Customer Reviews

I've always believed that the Mediterranean Diet is among the healthiest out there. It has stood the test of time in a way that many diets have not. But other than eating more olives or having Greek Salads, I didn't really know how to make very many meals that were actually Mediterranean. This cookbook has lots of recipes for foods I have never made before. Actually many of the dishes I had never eaten before either, but the directions are clear and the recipes are relatively simple so I was able to make whatever I wanted from this book without difficulty. Even meals I've never seen before are turning out really well. They look good, taste good, and most importantly they are super healthy. Even if you are inexperienced like me, this cookbook is all you need to adopt a healthy Mediterranean Diet and make meals that will have your family questioning how you became such a good chef.

This is a great cookbook for anyone interested in following the Mediterranean diet. The book is setup as a 30 day meal plan. Each day has 3 meals. If you want to you could just follow the meal plan for 30 days which would be a pretty good way to eat for a month. The plan looks varied and sustainable to me, but personally I prefer to just cook what I want when I want without following the meal plan. This cookbook is great for people like me who want to use the book that way too as it has almost 100 unique recipes all with a full nutrition facts sheet so you know exactly what you are putting in your body.

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