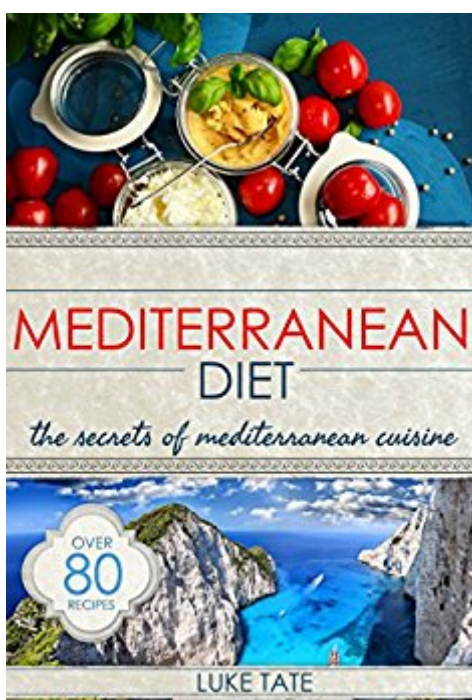


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# Mediterranean Diet: The Secrets Of Mediterranean Cuisine (80+ Simple Recipes For Weight Loss And Healthy Living)



## Synopsis

Discover the true secrets of the Mediterranean CuisineThe Mediterranean diet which is not a diet per se, however more comparable to a lifestyle, was originated in Greece, Spain, Morocco, and Southern Italy. If you knew that there was a lifestyle and healthy way of eating that nurtures youth and vitality, wouldn't you want to know about it?The Mediterranean way helps you feel energized, look younger and also reduces the rate of chronic diseases. Plus, it's delicious. Too good to be true? Definitely not. You just need to invest a little bit of your time.The Mediterranean diet nurtures a more simple way to eat and focuses on fresh (and often locally produced) vegetables, fruits, whole grains, legumes, nuts, a bit of fish or poultry and lots of olive oil. If you're a lover of wine, you will be happy to know that 1-2 daily glasses of red wine are encouraged with meals, which promote heart health. Research has proven that there are a large number of health benefits associated with the Mediterranean diet. To incorporate the diet into your lifestyle, you only need to introduce a few simple habits into your life. Eat whole, fresh foods, slow down and enjoy the flavors of the food with people you care about, and stay active.Following this lifestyle can:greatly improve your cardiovascular healthdecrease Typ 2 Diabetesinhibit the occurrence of cancerlower the risk of Alzheimer's and Parkinson's diseaseimprove depressionhelp to reach your ideal weightWhat would you say if I would tell you that you can achieve all of this by simply shopping in the market perimeter, eating seasonally, breaking (whole-grain) bread with people who make you smile, as well as enjoying the occasional glass of wine?In order to publish this cookbook, I worked closely with a 5 star chef from the Mediterranean region, who also runs her own restaurant. She was willing to share 80+ authentic easy-to-prepare recipes, cooking tips, as well as how to prepare your own homemade kefir and hazelnut spread. Besides that, this cookbook also contains nutritional information and colored images for every mouth-watering recipe.Surprise the people you love with one of these authentic yet easy to prepare recipes. Sit back, enjoy your food and more importantly- enjoy life!

## Book Information

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## Customer Reviews

Our Doctor told us to get on this so I was glad to find it.

Luke Tate supports the art and science of healthy living, proper nutrition, and wellness. In this succinct, well-written little book he addresses the real secrets of the Mediterranean diet, which he defines as a lifestyle rather than a rigid diet. For instance, in his Introduction Luke presents the principles: Plenty of scientific research reveals that this type of diet is not a diet per se, however more comparable to a lifestyle. It will not only change your way of living, within days you will experience the positive physical changes as well. In order to publish this cookbook, I closely worked with a 5 star chef from the Mediterranean region, who runs her own restaurant. In his Introductory preparatory comments he adds, "The Mediterranean Diet, originated in Greece, Spain, Turkey, Morocco, and Southern Italy. Plenty of scientific research reveals that this type of diet will improve your cardiovascular health (it lowers cholesterol and blood pressure), it decreases Type 2 Diabetes, decreases risk of cancer, lowers the risks of Alzheimer and Parkinson Disease, improves depression, and helps to reach your ideal weight. How can you achieve these health benefits you are wondering? The Mediterranean Diet suggests higher intakes of extra virgin olive oil, fresh fruits and vegetables, unrefined cereal, whole grain foods, nuts and legumes. Also, a moderate intake of fish, seafood, poultry, dairy products (principally cheese and yogurt), and red wine are suggested. Furthermore, a low intake of eggs, red meat, processed meat and sweets. The total fat in this diet is

25%-35% of calories, with saturated fat at approximately 8% or less of

calories. What follows are some of the finest recipes of breakfast, lunch, and dinner recipes likely to be new to most everyone and not just a rehash of the familiar ones. Luke includes photographs of the completed recipe, ingredients, preparation, and nutrition information per serving. Very succinct, easy to follow, and full of gastronomic happiness and good health! Grady Harp, July 16

I do have to say most of the recipes in the book are ones I have never heard of but I'm a pretty basic food person. The chicken pitas looked great though and would like to try. There is a huge variety of recipes that I think everyone could find a dish they like.

This author knows what he's talking about. I also bought his "low carb high fat diet" eBook. I really like the way it's written, it's easy to read. Also the recipes are great and well illustrated! Well done Luke Tate, OPA!

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