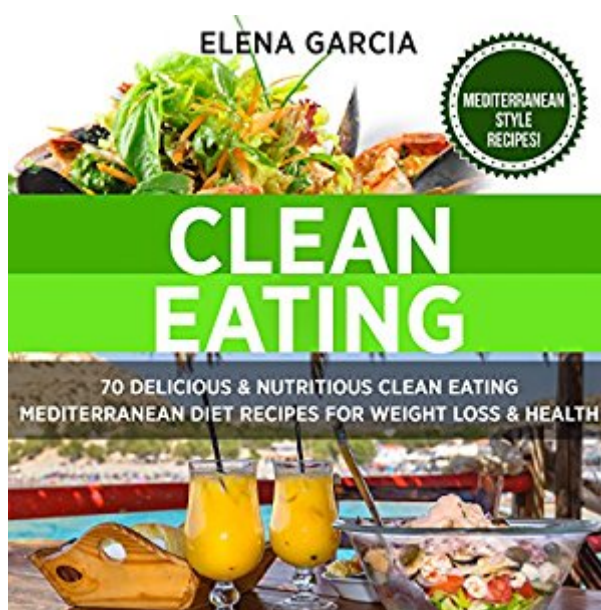




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# Clean Eating: 70 Delicious & Nutritious Clean Eating Mediterranean Diet Recipes For Weight Loss & Health



## Synopsis

Clean eating made easy. Exciting and fun with over 70 insanely good Mediterranean diet recipes! Discover the unlimited pleasure of healthy eating that easily supports your health and weight loss goals! Learn the art of healthy and tasty Mediterranean cooking and put your health and weight loss efforts on autopilot. You don't even have to try to be perfect with your diet! You can still have tasty treats and delicious meals and you can feel relaxed and confident that you're moving rapidly towards your best ever health and slim body. With the Mediterranean diet recipes, you can finally create vibrant health, feel energized, and (if desired) lose weight without feeling deprived! Here are just a few of the best of the clean eating Mediterranean diet recipes you are just about to discover: Easy vegetable frittata recipe Pita bread and hummus Spicy lentil soup Greek garlic hummus (classic) Tzaziki spread/dip Italian classic pesto Faux mushroom bruschetta Kale chips Very veggie lasagne Quinoa pallete Zucchini-crust veggie pizzas Cold creamy leek-y refreshment Vegan banana pudding Sea power burger Catalan dream tasty cream Melanzane mozzarella dream Rosemary chicken Greek yogurt Chicken souvlaki wraps Spanish cod and shrimp over cauliflower rice Spicy chicken quinoa paella Sauced seafood Easy tuna potato salad Plus many more tasty recipes including soups, salads, healthy treats, snacks, desserts, and fish and chicken recipes! A total of 70 recipes you will never get bored with!

## Book Information

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## Customer Reviews

Great recipe booklet! Many dips, sauces, traditional favorites, and creative new dishes. SEA

POWER BURGER? Are you kidding me?! THAT RECIPE IS AMAZING!! haven't had good luck with turnips though. They always seem bitter -BUT I did learn recently I should pick out the smaller ones instead of the biggest which apparently are more bitter! Learn something new every day :)

Cookbook is amazing, although I still constantly miss-spell "Mediterranean" every time I type it. A great resource for anyone who is trying to horde some cool new Meditar.. mediter... err, Greek-style recipes filled with healthy ingredients, oils, olives, cheeses, chickpeas, Greek yogurt, etc. Complete with some pita bread and hummus and this is my favorite way of eating.

This is different from what I have tried, from basic cooking, this is more of a cuisine. Keeping in mind that this to keep you both healthy and lose weight. The author briefly explains what is this diet all about and gave some hints why she started this book. The instructions for the recipe is simple to follow.

I'm a big fan of Mediterranean food and glad I picked up is book with so many recipes. I already tried two of them and impressed by how clear and concise the instructions were.

Mediterranean Recipes have always been the healthiest ones I. The World, and this book contains 70 recipes which will make you never get tired from cooking. All the recipes are healthy and ideal if you are trying to maintain a healthy diet.

If you're at all tempted by Mediterranean cuisine (like me), but you maybe wonder if it's too fatty or carbohydrate-heavy, this book is for you. The author has clearly done her homework with using healthful, nutritious substitutions for some really classic dishes, without sacrificing any of the enjoyment. I can see how these recipes can save you from many failed experiments to get the right balance of rich flavor and healthy ingredients. With authentic mindfulness toward an alkaline diet (the best for health) I appreciated that someone else had already done the work for me as far as looking at traditional recipes and finding where you can make healthy, nutritious substitutions. Try the veggie lasagna!

The author has written much more than a book of recipes. This is written by a lady that knows health and also the importance of eating delicious food. If the food isn't tasty, most people won't stick with a diet. She has modified the recipes to make them healthier. She chooses quinoa and

brown rice rather than white rice for example. She emphasizes eating more fruits and vegetables and drinking lots of water. She illustrates the Mediterranean diet with a pyramid making a visual statement. There are 45 yummy Mediterranean recipes which will make it easy for anyone to eat healthy and well. This book is a winner.

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