



Mediterranean Diet: Enjoy Heart Healthy Food, Lose Weight and Keep it Off!

Sandra Wright

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Mediterranean Diet [Second Edition] Mediterranean Diet -- Enjoy Heart Healthy Food, Lose Weight and Keep it Off! ----- Now [Second Edition], with the following changes: * New content: Multiple recipes - over 4113 words. * Improved formatting and editing ----- If you're trying to lose weight, the simplest way is through calorie control and reduction. For this to happen, it usually comes down to eating less, and putting up with food that just doesn't satisfy you. If only there was a way to lose weight, yet still enjoy eating tasty, satisfying food, and living life without so much difficulty. That's where the Mediterranean diet comes in. It ticks all of the boxes mentioned above. Delicious, healthy food, that is good for the heart, and will help you lose weight! This quick guide will give you the basics to the Mediterranean diet, the benefits of certain ingredients, and some delicious recipes to get you started.

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