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Mediterranean Diet Cookbook: 61 Mediterranean Recipes That Keep You Slim Healthy

By Linda Westwood, Olivia Rogers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Best Selling authors, Olivia Rogers Linda Westwood, comes Mediterranean Diet Cookbook: 61 Mediterranean Recipes That Keep You Slim Healthy. This book will completely change your cooking! Not only are the recipes amazing - but they are QUICK, EASY HEALTHY! If you feel like you need to get healthy but are tired of the same old diet food. If you feel like your family might be looking to eat something else. Or if you just enjoy healthy mediterranean foods. THIS BOOK IS FOR YOU! This book provides you with 61 recipes that will give you fresh new ideas! It comes with the recipes, ingredients, and all the steps you need to know to help you lose weight! Are you ready to start this mediterranean diet, and check out these 61 recipes today! Some of the mediterranean diet recipes include: Mediterranean Fresh Sandwich Couscous with Orange Juice and Raisins Pasta with Shrimp and Tomato Garlic Sauce Grilled Tuna Steaks With Tomato Sauce Rosemary-Garlic Lamb Cooked Lentil with Red Grapes and Mint Mediterranean Greek Chicken Vegetable...

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