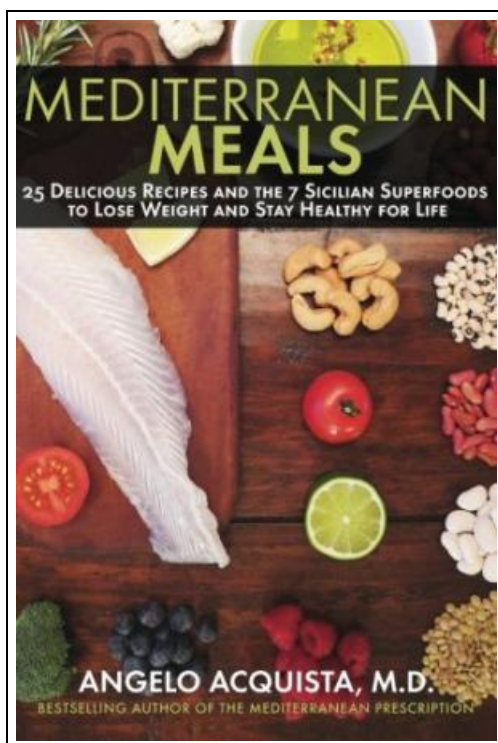


Mediterranean Meals: 25 Delicious Recipes and the 7 Sicilian Superfoods to Lose Weight and Stay Healthy for Life



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Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.COOKING MEDITERRANEAN RECIPES ISN'T AS HARD AS YOU THINK. Dr. Angelo Acquista, author of the # 1 bestselling Mediterranean diet book, brings you 25 easy mediterranean recipes based on the 7 Sicilian Superfoods that promote weight loss and good health for life. Even if you've tried a Mediterranean diet cookbook before, these new recipes will spice up your life (and your health). What is the Mediterranean Diet? The Mediterranean Diet is a meal plan based on 7 Sicilian superfoods that Dr. Angelo Acquista (author and native of Sicily) has identified as foods that can improve your health and your life. For years Dr. Acquista has counseled his patients about weight loss and now he shares that knowledge so that everyone can learn to live and eat in abbondanza, -- abundantly -- the Sicilian way. A Mediterranean diet plan is an excellent way to eat better, lose weight, and keep that weight off. It's easy to start and easy to maintain. Food preparation is as simple as grilling, broiling, boiling, and baking - all of which make for some delicious dishes. What is the Mediterranean Diet Food Pyramid? Created by Oldways (a non-profit organization that promotes healthy eating), the Harvard School of Public Health, and the European Office of the World Health Organization, the Mediterranean Diet Pyramid is a visual representation of the classic Mediterranean Diet, which promotes lifelong good health. At the base is a physically active lifestyle in which meals are shared with others and there is an appreciation for eating healthy, delicious foods. The second largest portion of the pyramid is formed by the traditional staples of Mediterranean cuisine including fruits, vegetables, beans,...



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