



## The Great Mediterranean Diet Cookbook: 14 Day Meal Plan with 49 Simple Recipes to Eat Fresh, Cook Simple, and Live Clean: The Great Mediterranean Diet Cookbook: 14 Day Meal Plan with 49 Simple

By Jessica Petras

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lets cut through the fluff and get to what matters. Why are so many diet books filled with useless information? It starts the same way with every new book. You skim the first few pages. Garbage. then some more. all useless information you can find on Google! You wanted a diet, what you got was a headache that wasted your time and money. Luckily, The Great Mediterranean Diet Cookbook was created to produce fast results. While making it as easy as possible for the average person to pick up the Mediterranean way of eating. Lets face it, it isn t hard to eat delicious food. The difficult part is planning, preparing, and managing your diet. With this book, eating will feel more like you are travelling through Greece, than dieting. Check out some of what s included: Getting Started - Begin your Mediterranean journey. Start to feel your natural glow return almost instantly! 14 Day Meal Plan - Remove the confusion, stress, and headache out of dieting. This makes the diet a breeze! Beating temptation - Staying on...



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