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Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes, Weight Loss)

LR Smith

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Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes, Weight Loss) LR Smith
Available for the first time in this limited edition, get immersed into the real mediterranean cuisine with this debut book.

Featuring 150 recipes gathered from my very own extensive trip throughout the South of Italy, South of France and the coast of Catalunya in Spain - from August 2014 until July 2015.

With them, you will discover true diverse culinary traditions that will sure add a very nice touch in your kitchen repertoire.

Combining tradition, innovation and ease, the book is separated into five categories for you to choose from:

• Appetizers and Soups
• Breakfast
• Lunch
• Dinner
• Snacks and Desserts

All combined in a way that gathers unknown dishes and combinations from every corner of the Mediterranean.

A breath of fresh air from all the things you've seen in the past, discover a diverse range from eye-opening dishes like Pita with Rosemary Garlic Lamb, Chicken Cordon Bleu Recipe (one of my favourites), and a simplified and freshened classic like Mozzarella and Tomato Salad.

But that is NOT all.

I offer you an ampleness of fascinating lesser-known dishes that will guarantee you to bring the surprise factor to your guests in the most impressing and unexpected way.

Don't miss this opportunity.

Grab your copy today with the current bargain price of $0.99 before it goes up to $2.99 again!

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Tyler Woodley:

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