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Mediterranean Diet Box Set: Start your Mediterranean Diet with Great Mediterranean Recipes To Improve Your Health and Increase Longevity (Mediterranean ... Mediterranean diet for weight loss)

Debra Brooks, Anthony Miller

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BOOK #1: Mediterranean Diet: 23 Healthy Mediterranean Receipes To Improve Your Health and Increase Longevity

If you have considered the importance and possibility of adopting a healthy eating dietary plan that will ultimately protect your heart and keep it in a proper functioning state, then, The Mediterranean dietary plan is just what you need.

The Mediterranean diet includes the fundamentals of healthy eating with the paramount emphases on the heart and its healthy functioning. While many dietary plans are considered or classified as healthy, many so called healthy diets do not explore the possibilities of maintaining a healthy heart condition. They might enrich the general body condition like the skin or and body tissues but endanger the heart's ability to function properly and stay healthy. The Mediterranean diet has a lot of benefits on the human body. Most significantly the heart – the heart is kept on a very healthy platform void of every form of heart diseases that may want to threaten its ability to function at its best.

This book is definitely one book you must not miss as you will be able to:

- Learn what the Mediterranean diet is all about.
- Learn what food items are included in a Mediterranean dietary plan.
- Learn how to maintain a good eating habit and stay healthy with the Mediterranean dietary plan
- Have access to these 23 healthy Mediterranean dietary plan already included for you to help you improve your health and increase longevity.

BOOK #2: Mediterranean Diet: Start your Mediterranean Diet and Healthy Lifestyle with Great Diet Recipes for Mediterrannean Food

The Mediterranean Diet is among one of the most popular and results-proven diets that has emerged in the

last 50 years. Inspired by the eating habits and preferred ingredients from the Mediterranean, the Mediterranean Diet utilizes delicious and flavorsome foods to deliver healthy, nutrition-packed meals with just a fraction of the calories. As one of the easiest diets to replicate at home, the diet encourages people to eat healthy fats, plenty of vegetables and pastas to nourish the body from inside out.

So if you want to eat pasta, pizza and delicious foods from the Mediterranean while losing weight and looking great, this is your diet! This handy guide discusses the ins-and-outs of the Mediterranean Diet, and provides some delicious breakfast, lunch, dinner and desert recipes for those getting in to the diet for the first time. The Mediterranean Diet is a simple and affordable lifestyle plan that anyone can follow and enjoy, from families and busy couples to students and singles. If you want to quit counting calories, restricting your diet and undertaking excessing exercising – hop on board and enjoy the Mediterranean Diet!

Already, the Mediterranean Diet has been proven to reduce the risks associated with:

- Cardiovascular disease
- Diabetes
- Parkinson’s
- Alzheimer’s
- Cancer, and more

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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