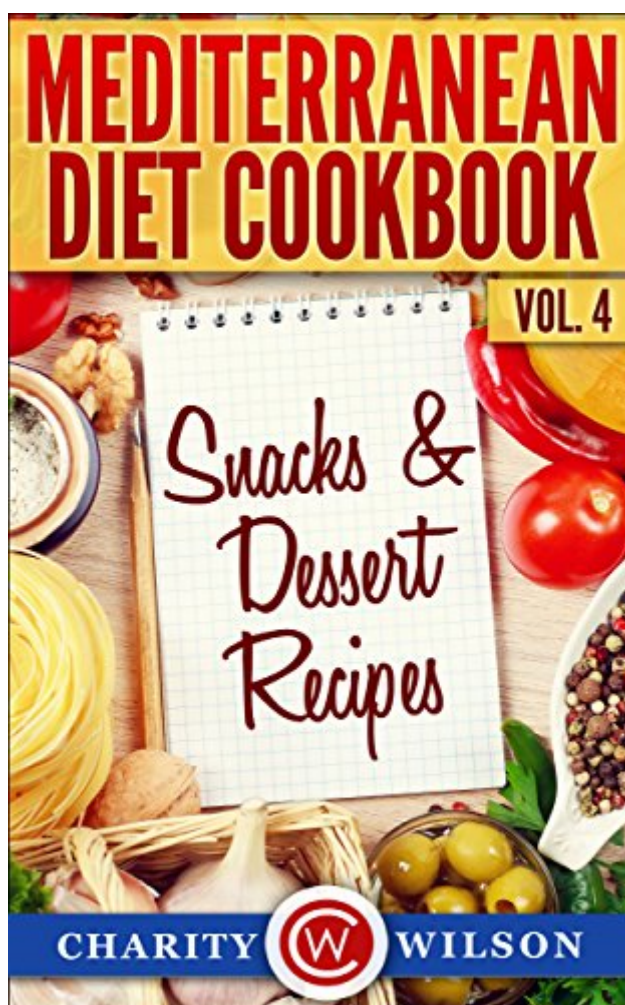


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Mediterranean Diet: Vol.4 Snacks & Dessert Recipes (Mediterranean Diet Recipes)



Synopsis

Then just write out the recipes you love in a Blank Book Billionaire blank recipe book. You can find some great options by searching My Recipe Journal right here in . Mediterranean Diet Cookbook Vol. 4 Snacks & Dessert Recipes

The Mediterranean diet could be considered one of the healthiest and easiest diets to follow. There are few restrictions and the approach is more about sensible eating than deprivation. Inside you will discover some awesome snacks and dessert recipes that will allow you to effortlessly transition your current lifestyle over to a Mediterranean inspired dietary lifestyle. By feeling like you are eating normal it becomes much easier to maintain a healthy weight and even lose weight with a Mediterranean diet.

What Does The Mediterranean Diet Include?

The list of foods you can enjoy are essentially endless, but there are guidelines with the Mediterranean diet that make it easy to follow. Here is what you can look forward to:

- Plenty of plant based foods and fruits
- Enjoy nuts, beans, grains and seeds
- Healthy fats like olive oil become a main source of healthy fats
- Yogurt and cheese are there for dairy lovers
- Fish and poultry are enjoyed moderately
- Red meat is enjoyed sparingly
- About 4 whole eggs a week
- Moderate amount of wine which makes most people love this diet

As you can see the Mediterranean diet still allows you to feel like you are living life and not dying while dieting. There has also been numerous health benefits associated with a Mediterranean diet including a reduced risk of heart disease, cancer, Parkinson's, and Alzheimer's. It is the best diet to help you lower your cholesterol. It is a diet that just plain works for enhancing the quality of your life.

Would You Like Even More Recipes?

In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series:

- Mediterranean Diet Cookbook Vol. 1 Breakfast Recipes
- Mediterranean Diet Cookbook Vol. 2 Lunch Recipes
- Mediterranean Diet Cookbook Vol. 3 Dinner Recipes
- Mediterranean Diet Cookbook Vol. 5 Slow Cooker Recipes

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Desserts

Customer Reviews

My doctor (cardiologist) wants me on a vegetarian, vegan or Mediterranean diet . . . so finding a book with snacky type receipes that fit into the Mediterranean plan caught my eye. I'm not one who likes to cook, so really liked the fact that the recipes here are really easy to fix and only have a few ingredients. (My kind of cooking).Although the wraps look really good, my first attempt was the recipe for Chocolate Oatmeal Cookies (no bake). I've tried no bake recipes before and they were pretty bad. I'm happy to report this one is really good - definitely a keeper.This is one of those recipe books that will have a lasting place on my digital cookbook shelf!

Bring on the recipes! I love the Mediterranean diet: it is one of the best and healthiest around. Now I have snacks and desserts to add to my bevy of choices. This is my fourth book on the subject and it is most welcome. Everything is clearly explained so there is no guesswork if you are a novice at cooking and baking. I recommend the tasty treats to those on board with this concept.

Yum! These recipes look absolutely delicious! I like how it states the nutritional facts after each recipe which helps me keep track of my carb/protein and calorie intake. I especially want to try the avocado soup with fresh cucumber, detox salad and the pine nuts with feta and watermelon salad!

This book has a wealth of information to get going on a new healthy way of eating.I was really impressed after reading this book and now feel like I know more about the Mediterranean diet. It was simple to read, motivating and has great recipe ideas!

Good book, highly recommended.

I am always geared to diets that allowed me to be moderate in the foods that I eat as opposed to limiting me to my favorite foods. Mediterranean Diet or should I say, lifestyle is great because it allows me to eat your favorite in moderation. Awesome recipes in this book.

Definitely a book I'm using this Christmas for when the fail comes over - Mediterranean Christmas! I've thumbed through recipes a few times already and there's quite a few I'm really excited to try making. This book will probably be in heavy use and rotation for a few months! Great!

Great recipes. I have a hard time thinking up Mediterranean style desserts, but you can't go wrong with recipes like almond, cherries and ricotta or the Classic Italian panna cotta. Good variation and quite a few gluten / dairy free recipes too which is great to see.

Great recipes , for snacks and dessert. There is something for everyone in this book.

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