

the 30-Minute MEDITERRANEAN DIET *cookbook*

101

**EASY, FLAVORFUL
RECIPES FOR
LIFELONG
HEALTH**



SERENA BALL, MS, RD & DEANNA SEGRAVE-DALY, RD

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Deanna Segrave-Daly**

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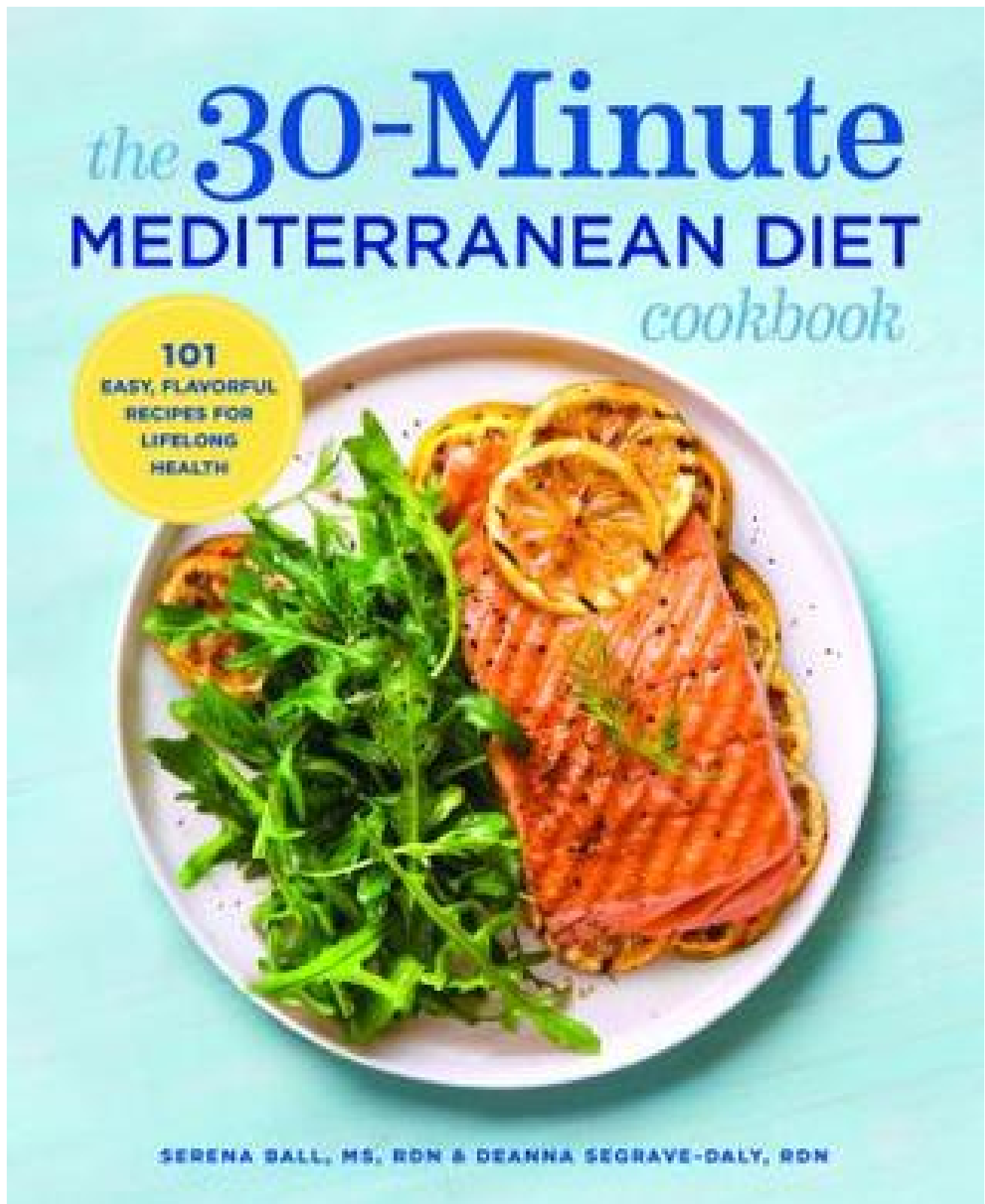
Synopsis book

Fit the Mediterranean diet into your busy life? 101 yummy, speedy recipes Discover just how fast and simple it can be to adopt a tasty and healthy diet that's built on a foundation of fresh veggies and seafood. The 30-Minute

Mediterranean Diet Cookbook offers more than a set of recipes; it shows you how to live a Mediterranean lifestyle with meals that take a half-hour or less to make. From avocado toast to vanilla affogato, this cookbook explains what to eat, why, and how it fits within a low-carb, high-fat diet. These heart-healthy recipes also combat chronic disease and cater to allergy restrictions so you can share mouthwatering meals with the ones you love. This fundamental Mediterranean diet guide includes:

Mediterranean 101? Discover the history, how-tos, and health benefits of the Mediterranean way of eating. Flavor, not labor? Whip up classic Mediterranean diet recipes with easy-to-find ingredients, nutritional values, and allergy labels. Mediterranean marketplace? Fill your

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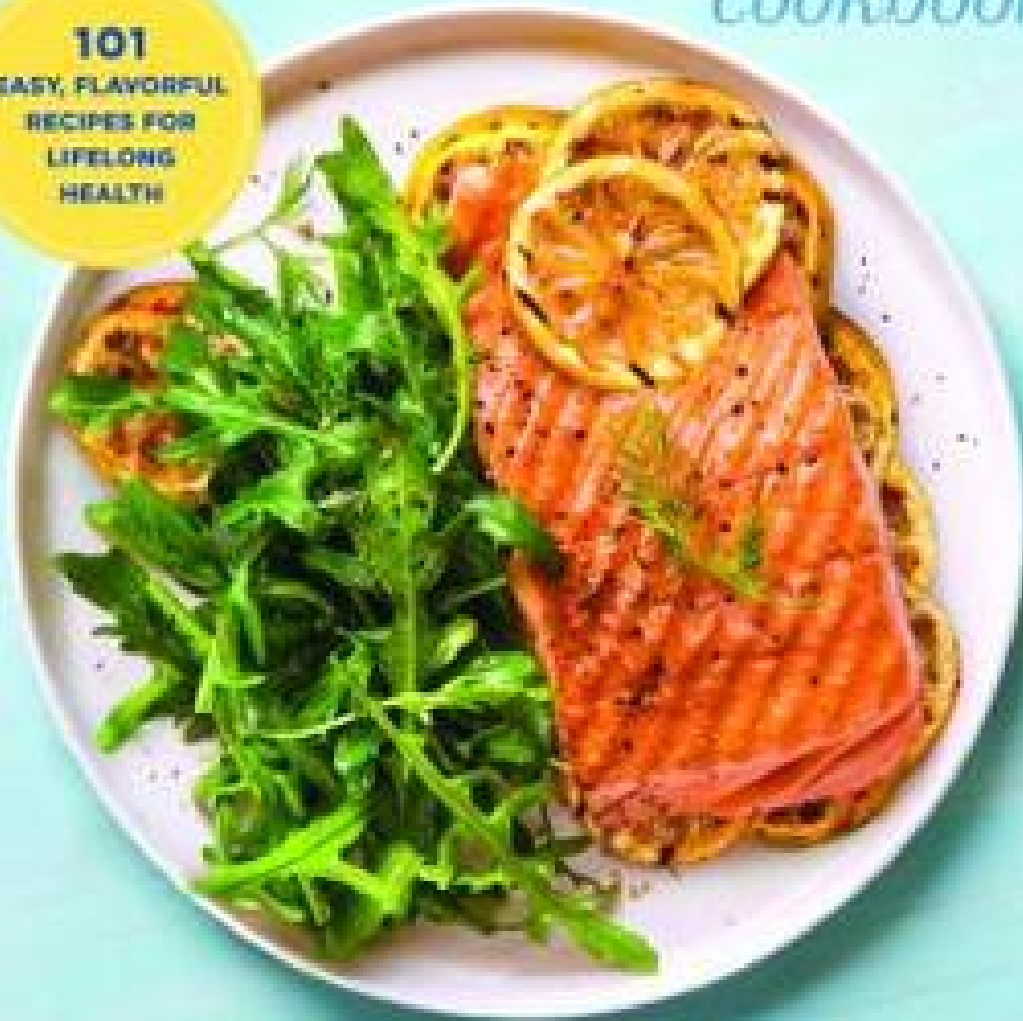
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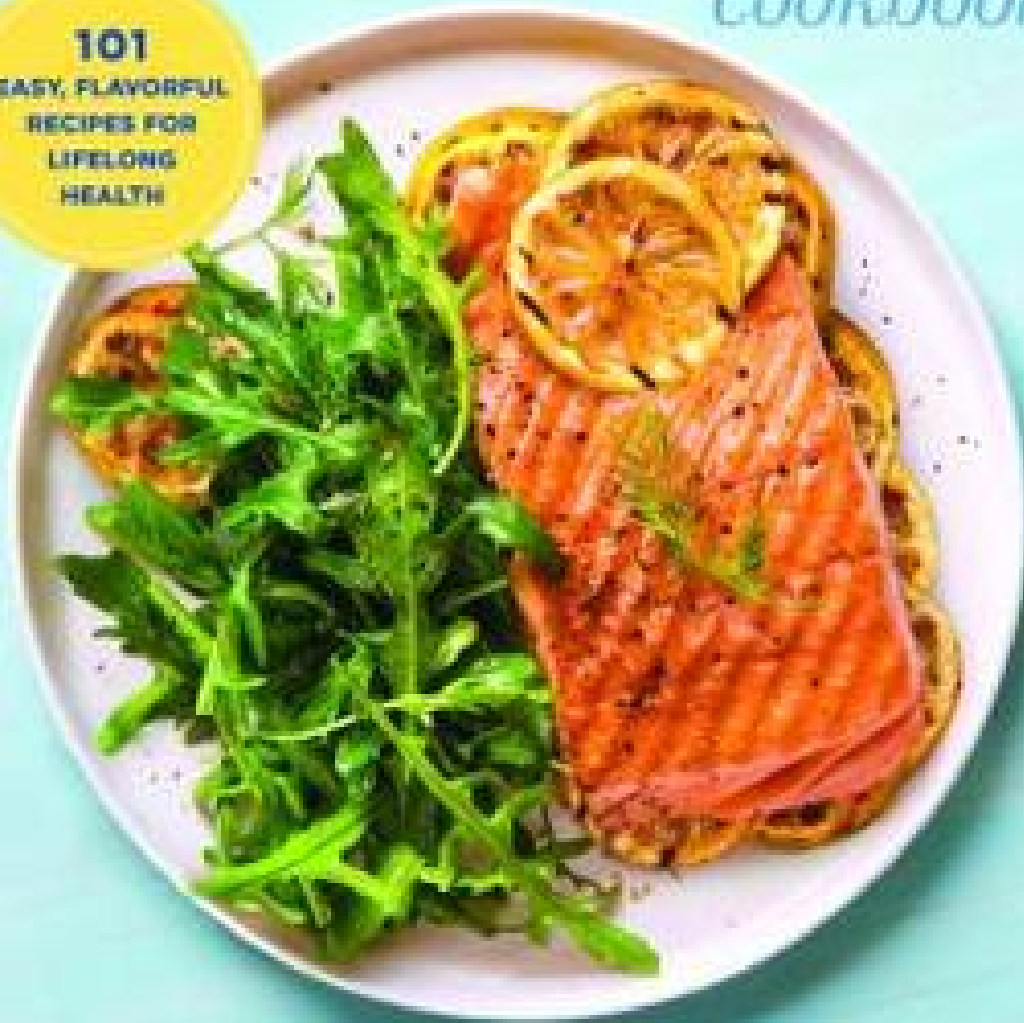
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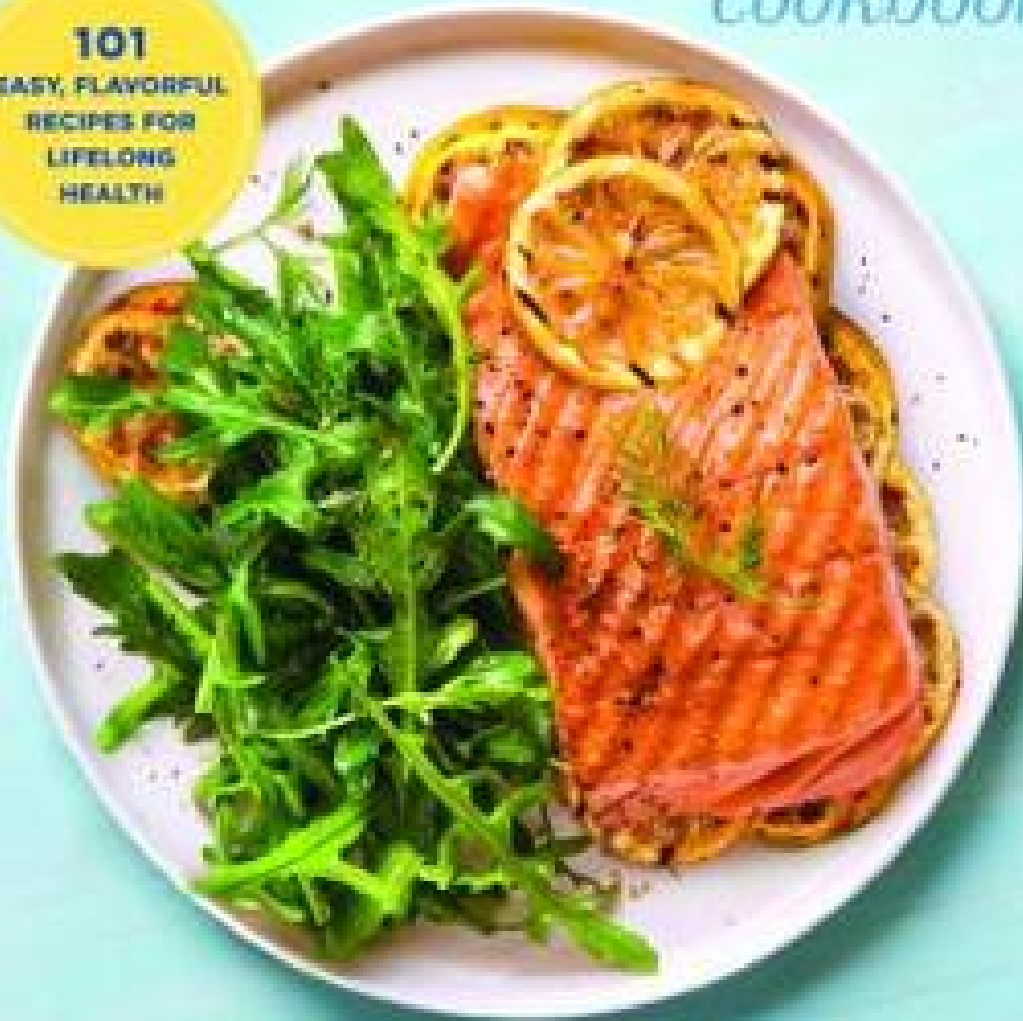
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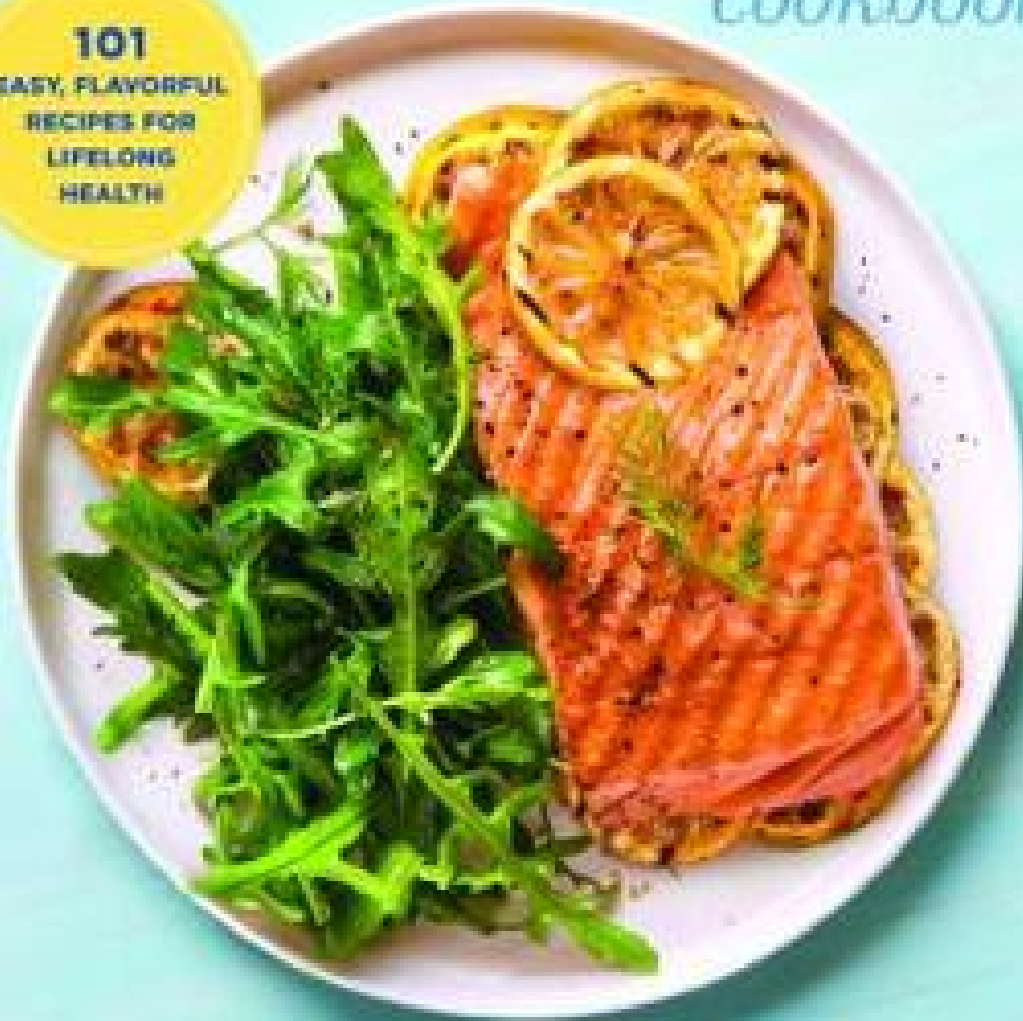
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SERENA BALL, MS, RD & DEANNA SEGRAVE-DALY, RDH

Fit the Mediterranean diet into your busy life? 101 yummy, speedy recipes Discover just how fast and simple it can be to adopt a tasty and healthy diet that's built on a foundation of fresh veggies and seafood. The 30-Minute Mediterranean Diet Cookbook offers more than a set of recipes; it shows you how to live a Mediterranean lifestyle with meals that take a half-hour or less to make. From avocado toast to vanilla affogato, this cookbook explains what to eat, why, and how it fits within a low-carb, high-fat diet. These heart-healthy recipes also combat chronic disease and cater to allergy restrictions so you can share mouthwatering meals with the ones you love. This fundamental Mediterranean diet guide includes: Mediterranean 101? Discover the history, how-tos, and health benefits of the Mediterranean way of eating. Flavor, not labor? Whip up classic Mediterranean diet recipes with easy-to-find ingredients, nutritional values, and allergy labels. Mediterranean marketplace? Fill your

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Description

Fit the Mediterranean diet into your busy life? 101 yummy, speedy recipes Discover just how fast and simple it can be to adopt a tasty and healthy diet that's built on a foundation of fresh veggies and seafood. The 30-Minute Mediterranean Diet Cookbook offers more than a set of recipes; it shows you how to live a Mediterranean lifestyle with meals that take a half-hour or less to make. From avocado toast to vanilla affogato, this cookbook explains what to eat, why, and how it fits within a low-carb, high-fat diet. These heart-healthy recipes also combat chronic disease and cater to allergy restrictions so you can share mouthwatering meals with the ones you love. This fundamental Mediterranean diet guide includes: Mediterranean 101? Discover the history, how-tos, and health benefits of the Mediterranean way of eating. Flavor, not labor? Whip up classic Mediterranean diet recipes with easy-to-find ingredients, nutritional values, and allergy labels. Mediterranean marketplace? Fill your

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