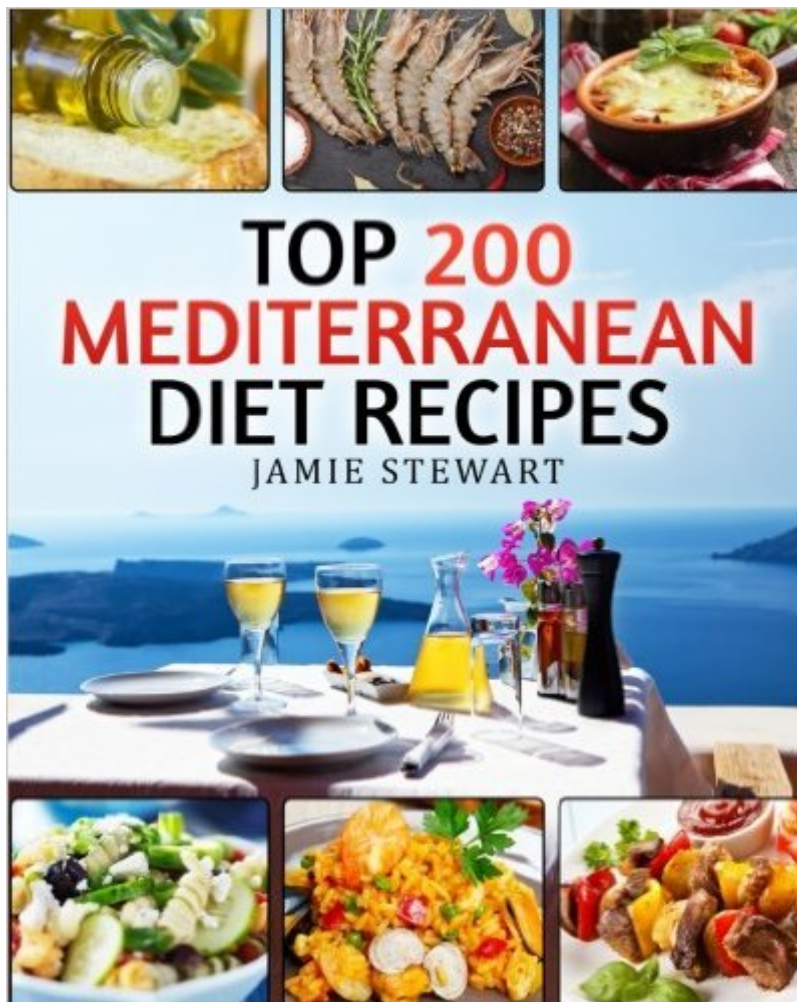


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# **Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks And Dinner)**





## Synopsis

The Best Mediterranean Recipes! Great Variety of Recipes Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Do You Want to Eat Delicious and Healthy? Mediterranean cuisine involves cuisines of the countries around the Mediterranean Sea, such as Spain, Italy, Greece, Croatia, Turkey, Egypt, Morocco, and so on. Mediterranean people tend to be very proud of their traditional cuisine and rich culture. These people have healthy eating habits and a very healthy lifestyle! Briefly speaking, the Mediterranean diet emphasizes plant-based foods. This amazing and widely accepted diet focuses on vegetables, fruits, legumes, nuts, fish and whole grains. The Mediterranean lifestyle follows the basics of healthy eating. Therefore, it can help you achieve a good physical and mental health and prevent a lot of modern diseases such as obesity, hypertension, cardiovascular disease, cancer, arthritis, type 2 diabetes, etc. Its health-promoting qualities includes omega-3 fatty acids, antioxidants, phytochemicals, monounsaturated fats as well as many other advantages that help us to become healthy, slim and long-lived.

## Book Information

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## Customer Reviews

More than just another cookbook, this also takes you through the reasons why the Mediterranean diet can greatly improve your health and longevity. It explains the basic rules that will help you stick with the program as you start your journey to getting healthy, and also includes some helpful shopping tips for creating healthier habits. It's clear to me that the Mediterranean diet is rightfully considered the world's healthiest diet with it's combination of natural food and moderate-intensity amounts of physical activity. Plus it's ideally adaptable for both vegetarians and meat eaters. The

recipes are all fairly simple to follow and include healthy ingredients that can easily be found at your regular supermarket. Each one provides average preparation time and the amount of servings it will provide. I tried the Quinoa with Cashews and Dried Fruits for breakfast this morning and it was yummy! The recipes include everything from breakfasts to soups and salads to main dishes, plus lots of desserts to hook up your sweet tooth. Can't wait to work my way through all of these!

I am very excited to try the recipes in this book. In a bid to try to eat healthier, I decided to look into Mediterranean recipes since I read somewhere that they have a lower chance of developing heart disease. I grabbed this book considering it was 200 recipes for only .99 cents. I like that this book included recipes for mealtimes throughout the day and not solely dinner ideas. The author also meshed these recipes with some paleo items which I liked since that was another program that I was looking into starting. If you want to try to improve your health through your diet this book gives you a large array of recipes to use in your regular meal rotation.

King of Taste Jamie Stewart has created one of the most original portfolios of recipes and information about eating with the Mediterranean diet. The recipes are outstanding, the presentation is clear, the directions are exact without being cumbersome, and at the end of the recipes list is a pdf of color photographs you can download to see exactly what you will be enjoying with this cookbook. But Jamie starts off with a fine section called The Mediterranean Lifestyle: Eating for Longevity. To quote from that section, "In addition to extremely tasty food, the Mediterranean diet can greatly improve your health. There are a few basic rules of the Mediterranean diet that can help you to be in fine fettle!" He goes on to emphasize that Breakfast is essential, Lunch includes a lot of fish, salads and soups, a Healthy dinner includes whole-grain food, olives, olive oil, fish and chicken breast in moderation (and red wine!), and Mediterranean desserts (honey, nuts, fresh fruit and dried fruits). Also there is emphasis on lifestyle "sitting down to dinner with family instead of with television, and the use of moderate intensity exercise. A fine section on how to shop for ingredients is followed by 200 of some of the tastiest recipes you can imagine "all manner of foods for every meal of the day and some great surprises. This book is a genuine treat "excellent foods, excellent instructions and a fine light sense of humor to help you through it all. Live healthy, live longer with Jamie's advice.

good thing this book was free or I'd demand my \$\$ back!!! The typos are extensive - many of the measurements are incomplete which doesn't boast well for a RECIPE! The intro states

never eat margarine or BUTTER again and yet over half of the recipes (and I only made it part way thru the lunch recipes before giving up) called for BUTTER! Seriously talk about a waste of time! Can you tell me down in the Mediterranean they use canned tomatoes instead of fresh? There has to be a better cookbook for the Mediterranean Diet out there . . .

Well, this has been a long read. Considering that this book has 200 Mediterranean Diet recipes. And I have to be honest that these are the best Mediterranean recipes that I have come across so far. I love the way the book has arranged and grouped them, and, of course, the fact that the instructions are easy to follow. This has been one of my smartest moves so far, grabbing this book is.

I have read quite a few of Jamie Stewart's cook books in the past, and I have loved them all, he truly is the King of Taste. This book, like all his others, was well written, and formatted. I loved the amount of recipes that were included, and the fact that there was a link at the back of the book to download, for free, the picture of each recipe. I want to start eating healthier and I am hoping that this book will be an easy and fun way for me to get started. I tire of the same old thing very easily so I can't wait to start mixing it up with different cultural fare. Mediterranean people have some of the healthiest diets around, and I really hope to bring some of that into my own American lifestyle. These recipes look easy enough that a beginner like myself should have no problem with, though the food will still taste gourmet. I can't wait to share some of these recipes, and try them out for my husband and myself.

If you've ever wanted to cook your own Mediterranean cuisine, or slim down, this is your book! I was impressed by how well the book is organized and by how quick and easy the recipes really are - money saving tips are also included. My preferred recipe I've tried so far is the Lamb Kofta. If you love Spanish/Greek/Italian food, you will want to try these recipes. If you're attempting delicious healthy recipes for friends and family this book is an excellent resource. The cookbook gives you practical tips on how to save money on recipes as you learn the benefits of meal planning. The Mediterranean diet follows dietary habits for healthy living and eating better that consists of fresh fruits, protein and vegetables.

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