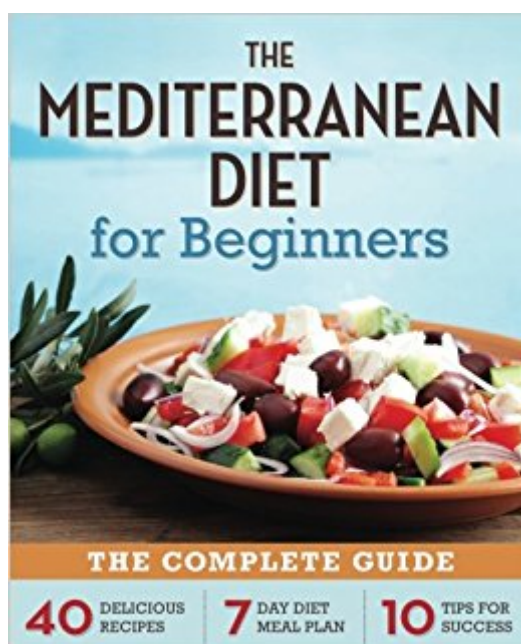


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# Mediterranean Diet For Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, And 10 Tips For Success



## Synopsis

“When eating well tastes like a yearlong vacation, it’s easy and exciting to do.” From Rockridge Press, the publisher of bestsellers, *Paleo for Beginners* and *The Wicked Good Ketogenic Diet Cookbook* For most people, dieting and deprivation of variety and flavor go hand in hand, which is why it can be so hard to stick with a diet long enough to make a major lifestyle impact. Catering to anyone who wants to trim their waistline without sacrificing taste buds, the Mediterranean diet allows you to fill your plate with diverse and delicious tastes. Combining savory recipes with helpful tips and meal plans, *The Mediterranean Diet for Beginners* cookbook is the only reference you will need to start and stick to the Mediterranean diet. As a go-to source, *The Mediterranean Diet for Beginners* includes: 40 Delicious Recipes for breakfast, lunch, dinner, snacks and deserts The 7-Day Diet Meal Plan for keeping you on track with diverse options and tastes A Comprehensive Overview for understanding the basic principles and benefits of the Mediterranean diet Tips and Tricks for learning how to eat as much as you want and making sure you have the freshest ingredients Considered by the Mayo Clinic as the leading "heart-healthy diet," the Mediterranean diet travels to you from the coasts of Italy, Spain, and France as one of the healthiest diets in the world. *The Mediterranean Diet for Beginners* offers a complete guide to healthful living through delicious, fresh foods prepared with total well-being in mind.

## Book Information

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## Customer Reviews

Penne with Roasted Vegetables Serves 4 Penne has enough heft to hold its own when combined

with chunky ingredients. Paired with caramelized roasted veggies, it makes a filling, nutritious meal.

Preheat the oven to 400°F Instructions Line a baking sheet with aluminum foil. In a large bowl, toss the vegetables with the olive oil, then spread them out on the baking sheet. Sprinkle the vegetables with the salt, pepper, paprika, and garlic powder and bake just until fork-tender, 25 to 30 minutes. Meanwhile, bring a large stockpot of water to a boil over high heat and cook the penne according to the package instructions until al dente (still slightly firm). Drain but do not rinse. Place 1 cup of the roasted vegetables and the wine or stock in a blender or food processor and blend until smooth. Place the puree in a large skillet and heat over medium-high heat. Add the pasta and cook, stirring, just until heated through. Serve the pasta and sauce topped with the roasted vegetables. Sprinkle with Parmesan cheese. Ingredients 1 large butternut squash, peeled and diced 1 large zucchini, diced 1 large yellow onion, chopped 2 tablespoons extra-virgin olive oil 1/2 teaspoon salt 1/2 teaspoon freshly ground black pepper 1 teaspoon paprika 1/2 teaspoon garlic powder 1 pound whole-grain penne 1/2 cup dry white wine or chicken stock 2 tablespoons grated Parmesan cheese

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

Our heart doctor recommended this type of cooking and this book gives easy recipes and the food is good. We looked at other books with weird ingredients and passed them by. This one is a keeper!

This book was recommended by my cardiologist. I had just had a stress induced heart attack at age 58/female. I don't smoke or drink. I have lost 30 lbs following these recipes and feel better than ever. Simple to follow and delicious!

In "The Mediterranean Diet for Beginners" you'll find that exact combination - an easy to follow, no nonsense approach to more healthy eating emphasizing lean meats, lots of fresh fruits and

vegetables and little to no processed food along with a lot of references to primary research resources demonstrating the value of this diet. While the obvious chapters organize the book - breakfast, lunch, dinner etc - it also provides some sample daily menu plans, and includes links to those recipes later in the book. In that way, the book allows you a couple different ways to get started along with lots of different combinations and suggestions. The recipes have few ingredients that don't require a lot of shopping or buying ingredients you'll never use again, and are easy to follow regardless of your cooking skills.

The recipes are great and delicious. Just wish there were more of them.

Just as described. Arrived in a timely manner. Very happy with purchase.

I wanted to learn more about the Mediterranean Diet

great place to start with different food choices.

Gives a good description of the diet but wish it had more recipes

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