

[PDF] Mediterranean Diet Cookbook: A Lifestyle Of Healthy Foods

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Description:

The Mediterranean Diet consists of eating the traditional foods (and drinks) of the countries neighboring the Mediterranean Sea.

It is not a traditional diet in the sense of “go on a diet”, even though it is a great way to lose weight and improve health. More accurately, it is a lifestyle involving activities, foods, and wine in moderation. The Mediterranean Diet has been studied and documented by numerous leading scientists as one of the healthiest lifestyles in the world.

In this book, you will find excerpts from leading scientific studies citing the health benefits of following a Mediterranean Diet, along with reference to the full length study should you wish to do further research on your own.

Almost as important is the fact that the Mediterranean Diet is full of delightfully appetizing, flavor-filled dishes and meals, and this cookbook will provide you with a variety of easy, yet healthy and delectable dishes such as these:

- Sicilian-Style Strata
- Seared Sea Scallops with Spinach and Toasted Pistachios
- Portuguese Bean Soup with Sweet Potatoes
- Cioppino with Cod, Mussels & Shrimp
- Almond-Crusted Chicken with Romesco Sauce
- Mediterranean Pizza
- Figs with Balsamic Vinegar, Mascarpone, and Walnuts

Doing things in moderation is a wise approach in everything we do in life.

A balanced and healthy diet should accommodate most foods and drinks, and this can be accomplished if the diet is based on the fundamentals of moderation and wise choices. Savoring a grilled steak with a glass of red wine and topping it with a small piece of cake are important aspects of being human. But as always, moderation is the key.

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