



# **The Everything Mediterranean Diet Book: All you need to lose weight and stay healthy!**

*Connie Diekman, Sam Sotiropoulos*

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**The Everything Mediterranean Diet Book: All you need to lose weight and stay healthy!** Connie Diekman, Sam Sotiropoulos

With 150 original recipes, menu plans, and dieting tips, you'll get a comprehensive tour of the Mediterranean diet! By combining nutrient-rich vegetables, healthful olive oils, and plenty of exercise, this lifestyle can help you shed pounds *and* prevent myriad diseases. Here, you'll learn how to adopt heart-healthy habits and create recipes like:

- Chicken Tagine with Whole-Wheat Couscous
- White Bean and Tomato Pizza
- Grilled Fennel Shrimp
- Pancetta with Peaches
- Hazelnut Ricotta Cake

By learning the science behind better eating and how to utilize the Mediterranean Diet Pyramid, you will eat your way to better health--and feel like a Greek god or goddess in the process!

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