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# Mediterranean Diet: The 4 Weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Diet Meal Plan)



## Synopsis

Do you want to feel super healthy? Do you want to eat as much as you want & Lose weight ? Then you need to start a Mediterranean Diet Challenge 100+ Healthy Mediterranean Recipes & a 28 Day Meal Plan Cookbook to help you start the diet. Also INCLUDED your FREE CHALLENGE TRACKER that you will get before starting the challenge The Mediterranean Diet, known for centuries, is one of the healthiest and most enjoyable way to eat. It is more than a diet, it is a Lifestyle. People all over the world are now trying out the Mediterranean Diet thanks to its authenticity and effectiveness. Compared to other diets, this diet was inspired by the many countries of the Mediterranean. In this book, I will show you how to adopt a complete Mediterranean Diet lifestyle so you can gain the benefits of feeling healthy, increase levels of energy, and even lose weight. Why a Challenge you may ask? Because starting a new diet, and especially a diet that will last more than a month but an entire year or even better, a lifetime, is not easy. By challenging yourself you will find the motivation to go through it and also realise that, in then end, it was easier than you thought. The hardest is always the beginning, when you need to change a habit. Habits are the ones that take longer to change, but once it is done, then you wonâ™t even realise itâ™s an effort anymore. In this book I will accompany you step-by-step with more than 100 recipes during the next 28 days for breakfast, lunch, snack & dinner. You wonâ™t have to worry about anything but to cook the healthy and easy to cook recipes I prepared for you. I also included a BONUS that you can download and print to help in your daily recipes and shopping lists. The Challenge Tracker. Donâ™t waste another second, you donâ™t risk anything at this price but to be healthier & lose weight

## Book Information

Series: Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan

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## Customer Reviews

This book is not a usual cookbook. And it is not about only Mediterranean diet. This book is a guide to healthier life, and it suggests the way to it that is as long as 30 days. There is a special daily meal plan here that is based on Mediterranean diet. Healthful properties of this diet are well known for a long time. So, this is a great idea to bring them for many people all over the world by means of the book, together with detailed description of why they are so beneficial and what are the best methods of using them. And don't forget that Mediterranean dishes are delicious! I see only one weakness: the book may look a lot more attractive if it has some illustrations.

Mediterranean Diet is something to be worked with. The author of this book is inviting you for a 4-week challenge that would possibly encourage the readers to work. There are recipes which are really interesting to try and the directions are provided in a detailed way. I know that it takes courage and persistence to make things work just like getting involved in a diet program like this.

Impressive recipes! I purchased two books on this diet plan before but this book is one of the best. Although short, the information was comprehensive. The recipes look so good. I have tried a few of them. Easy to follow and the whole family loves the food. This diet has a vast history and the author makes sure to give a brief description of each recipe in the book. This book gives me a clear concept about Mediterranean diet which helps me a lot. All in all, this book is a very helpful resource. Really worth recommending!

The four weeks challenge part really got my attention and decided to give it a shot. It has been an amazing journey so far because the food is really tasty, healthy and nutritious; the recipes are detailed hard to miss anything. I have liked a few recipes more than others so I ended up doing them twice maybe thrice.

Personally, i feel that the book was able to attain its goal to elucidate what Mediterranean Diet is all concerning. Like in something you propose to try to do, it'll solely be effective if you're set in doing it. Commitment ought to very be a priority and during this case, ingestion nice food with weight lost is that the better of each worlds.

I really enjoyed this book it contains lot of information. This book is a comprehensive guide to the Mediterranean diet and give you all the great information you needed to know on how to successfully apply the Mediterranean diet in your daily life. The information and recipes are easy to follow. The book is well organized and well written. I highly recommend this book to everyone.

I personally love mediterranean dishes and the book did not fail my expectations. I liked how simple the recipes are and they all seems delicious and healthy. I just wish that there are pictures in each recipes so that the readers will know what the dishes should look like.

I liked this diet. All the products are delicious, nutritious. One of my favorites. Also a lot of recipes, it is convenient to have each housewife. can always surprise your family with something new and delicious.

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