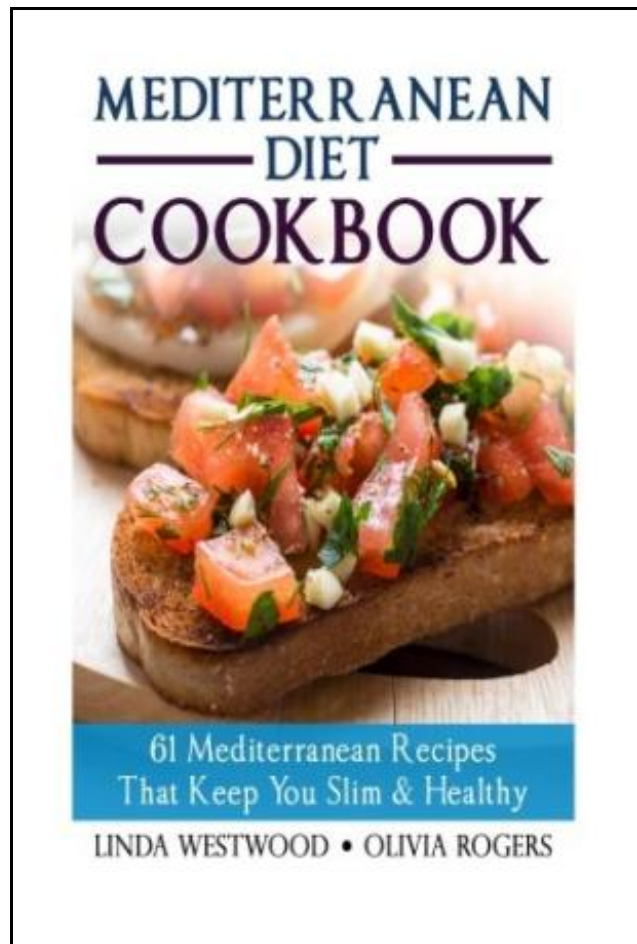


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From the Best Selling authors, Olivia Rogers Linda Westwood, comes Mediterranean Diet Cookbook: 61 Mediterranean Recipes That Keep You Slim Healthy. This book will completely change your cooking! Not only are the recipes amazing - but they are QUICK, EASY HEALTHY! If you feel like you need to get healthy but are tired of the same old diet food. If you feel like your family might be looking to eat something else. Or if you just enjoy healthy mediterranean foods. THIS BOOK IS FOR YOU! This book provides you with 61 recipes that will give you fresh new ideas! It comes with the recipes, ingredients, and all the steps you need to know to help you lose weight! Are you ready to start this mediterranean diet, and check out these 61 recipes today! Some of the mediterranean diet recipes include: Mediterranean Fresh Sandwich Couscous with Orange Juice and Raisins Pasta with Shrimp and Tomato Garlic Sauce Grilled Tuna Steaks With Tomato Sauce Rosemary-Garlic Lamb Cooked Lentil with Red Grapes and Mint Mediterranean Greek Chicken Vegetable Salad Grilled Salmon With Olive Oil and Rosemary Grilled Tuna with Olive Dressing Sardine and Chickpea Greek Salad Spaghetti with Cottage Cheese Tangy Chickpeas Salad Mediterranean Burger Healthy Peanut Salsa Plum Tomatoes and Feta Cheese Salsa Gluten-Free Corn Salad Roasted Bell Peppers and Zucchini Salad Plum Tomatoes and Feta Cheese Salsa Grilled Chicken Salad Garden Fresh Mediterranean Salsa Couscous with Cottage Cheese Fruit and Cream Mexican Roll Black Olives and Corn Mexican Cream Roll Assorted Corn Macaroni Salad Toasted Quinoa with Tomatoes and Parsley Beet and Fennel Salad with Low Fat Dressing Mediterranean Fish Stew Chopped Lamb With Lettuce Spicy...



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