

THE MEDITERRANEAN DIET LIFESTYLE[®]

The Mediterranean diet is not a crash diet, it's a mix of the culinary traditions of the countries surrounded by the Mediterranean sea.



UNESCO recognized this diet pattern as an Intangible Cultural Heritage of Italy, Greece, Spain and Morocco.

The Mediterranean diet is mostly a whole foods plant based diet based on healthy carbs (fresh fruits, colored vegetables and whole grains like bread, pasta, oats, rice), healthy proteins (legumes, lean meats and fish) and healthy fats (nuts and olive oil). It's rich in fiber, antioxidants, vitamins, minerals and phytochemicals that promote safe and easy weight loss!

Scientists have demonstrated that people who follow a Mediterranean style diet have a lower risk of Cancer, Heart Disease, Stroke, Diabetes type 2, Alzheimer's, Arthritis and Osteoporosis. People who follow a Mediterranean style diet have lower blood cholesterol, have lower blood pressure, weigh less, live longer and look younger than most western people..."



Grab the Secret of Mediterraneans Health

Download

Our Free Mediterranean Diet Cookbook Now!!

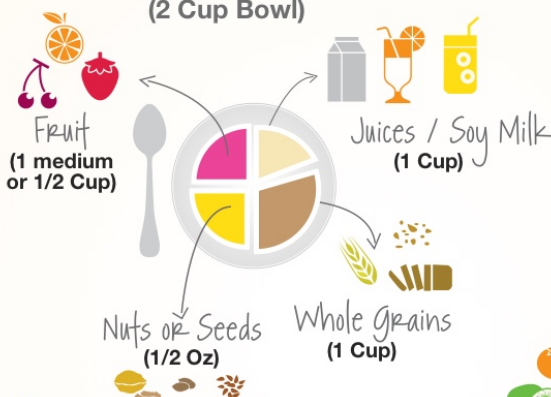
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and insert your email to receive instantly our free eCookbook with a weekly Mediterranean diet meal plan



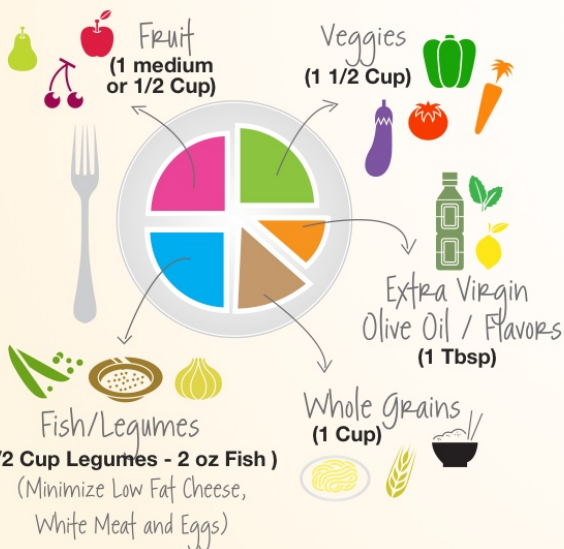
Breakfast

(2 Cup Bowl)



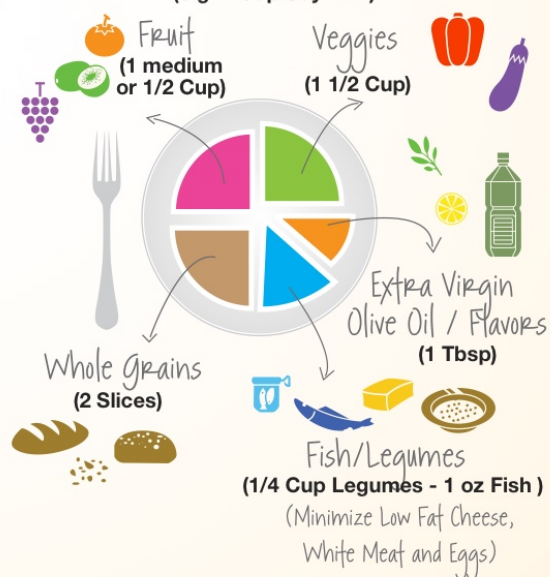
Dinner

(9 Inch Plate)



Lunch

(9 Inch Plate)



Snack

