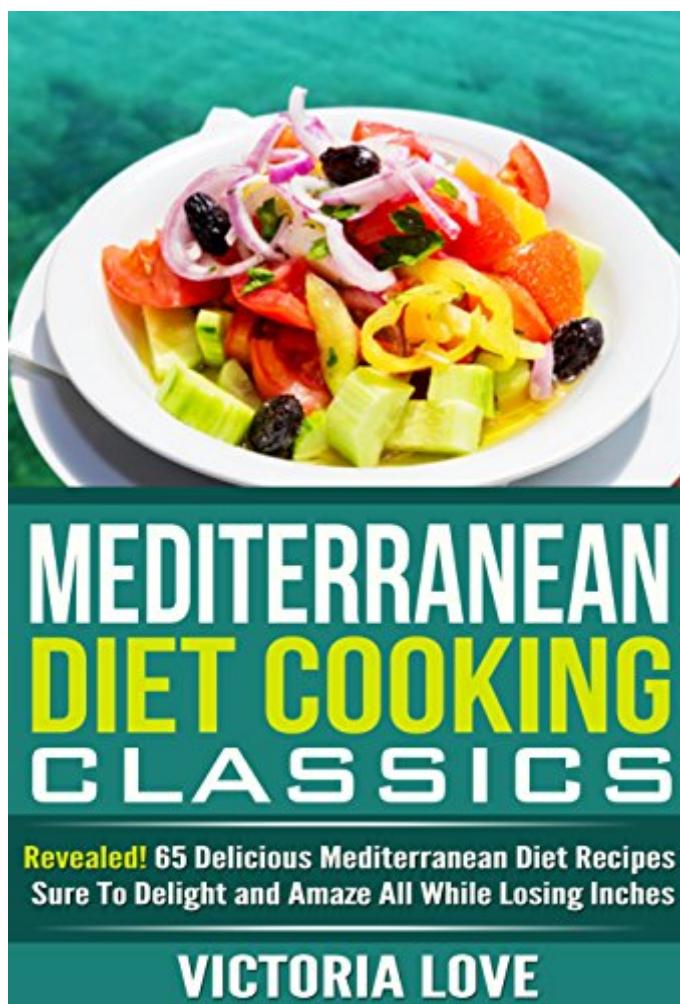


The book was found

Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight And Amaze All While Losing Inches (mediterranean Cookbook, ... Weight Loss Motivation, Weight Loss Tips 1)





Synopsis

Mediterranean Cookbook Of The Week Series Presents...Mediterranean Diet Cooking Classics Cookbook. Are you stuck? Don't Know Where To Go For Fantastic Super Healthy Mediterranean Diet Cooking Recipes? Guaranteed To Be Top 65 Nutritious, Delicious and Recommended Mediterranean Cooking Recipes You'll Ever Eat! By Reading This Book You Will Learn how to Make Mediterranean diet recipes Main Dish, Lunch, One Dish, Appetizer And Salad Mediterranean diet recipes! This Cooking Recipes Book Can Be Used by Beginners, As Well As Those Well Informed About Mediterranean diet recipes Cuisine. Are you looking Nutritious plus Super-Tasty Mediterranean diet recipes? Then you have found the perfect cookbook. You will find different variety of Mediterranean Diet recipe inside this cookbook. The best part about these Mediterranean diet recipes is that they are easy to prepare, delicious, recommended and nutritious all at the same time.

Book Information

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Customer Reviews

This cookbook has nothing to do with the Mediterranean Diet and appears to be a collection of

recipes with some "Mediterranean" ingredients such as olives, cucumbers, fish etc. with nearly every recipe's title beginning with the word "Mediterranean." That being said, there are some good, classic recipes that can utilize fresh ingredients...except for the one with dry packaged ranch dressing in it. Not too bad for a freebie...just not a true Mediterranean diet plan cookbook.

Recipes were very basic, a few were repeated, but under different categories. Most of them have the same flavor concept (sundried tomatoes, olives, onions, etc), just with a few switched out ingredients. It gave me some ideas for quick lunches, an easy dinner or two. (I was able to get it for my Kindle for free, so I don't feel cheated.)

I was drawn to this book looking at the uniqueness of the recipes. The pictures are very refreshing and gives a great idea of the final outcome. The directions for the Breaded Chicken are flawless. I also enjoyed the meals with tilapia and flounder. The focus on appetizers and salads is holistic. I was hooked to the directions as they were precise. The categorization in the book is effective.

Victoria has shared delightful recipes with us through this book. The meals are easy to prepare and packed full of taste. Having searched for a book like this in the past I am pleasantly surprised to find so much in one spot. Thanks Victoria for sharing your secrets.

I love eating Mediterranean cooking and every so often add to my collection of books with Mediterranean recipes. What I look for in my books is easy to follow instructions, healthy ingredients, good formatting and organization of the recipes by meal type, Cookbooks of the Week: Mediterranean Diet has all this and more - excellent mouthwatering pictures of the dish! There are plenty of great recipes in this book to serve up a variety of dishes days after day. Healthy, delicious, and easy to make. It's a "gotta get this book" for sure!

This guide is absolutely amazing. I know the power of the pressure cooker in making food quick and easy. However, I have always assumed that the flavor is just mushy and tasteless. Well, that is what I felt until I tried the amazing recipes in this book. I love the fact that this book has pictures of the different recipes. Even the kids love the recipes from this book. They want to help prepare the meals because they are so easy. It has become a new family favorite activity around the pressure cooking making food together. This was an amazing book on multiple levels!

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Mediterranean Diet Cookbook: Mediterranean Diet Cooking Classics; Revealed! 65 Delicious Mediterranean Diet Recipes Sure To Delight and Amaze All While ... Diet Cooking) (Cookbooks of the Week)Lunch items for the Med diet. Each recipe comes with a color photo and ingredient list along with how to make the dish. No nutritional information but you can tell from the ingredients they are on the healthy and fresh side.Lots of new combinations of food to try. Other works by the author are highlighted at the end along with a bonus gift.

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