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# The Mediterranean Diet For Every Day: 4 Weeks Of Recipes & Meal Plans To Lose Weight



## **Synopsis**

NEW YORK TIMES & WSJ BESTSELLERExperience the amazing benefits of the Mediterranean Diet in just one month. The Mediterranean Diet is certified as one of the healthiest diets by trusted organizations from the American Heart Association to the Mayo Clinic. With a focus on flavorful produce, healthy fats, whole grains, and wholesome natural foods, the Mediterranean Diet is a lifestyle change that is so enjoyable it won't feel like a diet. The Mediterranean Diet for Every Day will guide you through the first month of a successful Mediterranean Diet, making it easy to improve your heart health, reduce your risk of cardiovascular disease and diabetes, and create a path to sensible weight loss. With smart guidelines and mouthwatering recipes, The Mediterranean Diet for Every Day will make your transition to the Mediterranean Diet simple and painless. Designed to help you fit healthy changes into your busy lifestyle, The Mediterranean Diet for Every Day includes: More than 100 easy Mediterranean Diet recipes, including Italian-Herbed Lamb Chops, Whole-Grain Mediterranean Pizza, and even Whipped Chocolate Mousse. A 4-Week Mediterranean Diet meal plan to guide you through the diet one day at a time. A detailed Mediterranean Diet food list--from whole-grain breads and pastas, to fresh seafood, to healthy fat sources like olives and avocados. Sample grocery lists, tips for cooking Mediterranean Diet dishes, and essential advice on reading food labels. The Mediterranean Diet for Every Day is your guide to making lasting changes to your diet that are both positive and delicious.

## **Book Information**

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## Customer Reviews

As an introduction to the Mediterranean Diet, this book provides a great breakdown of the ins and outs of the healthy, diverse approach to the foods and lifestyle associated with a Mediterranean way of cooking and eating. I enjoyed the "Ten steps for success" and other handy explanations of how to fully incorporate the diet into your daily life. What I didn't see, however, was a particularly passionate approach to the way of eating and cooking that usually defines Mediterranean cooking. This book is a planning guide, basically it's a practical approach to the how and why of the diet, but is not going to hold the attention of people (like me) who like the well-rounded, passionate narrative of lifestyles associated with healthy living. But that's not for everyone, so the meal plans and guides are a perfect introduction. There are some daily tips alongside the menus that offer some insight into how to better internalize the benefits of the diet: "Don't be afraid to use leftovers. Slice up the lamb from dinner on Day One to use in your lettuce wraps on Day Three." The Plan-Ahead tips are great, too. And the recipes are varied and wonderful (maple-lime salmon? Oh, yum). In all, a great book. More for straightforward, practical-minded people, but easy to follow and features some wonderful tips and recipes.

I have 100+ cookbooks and went to culinary school. I love this book. Simple Simple Simple. I sometimes modify with an ingredient or two based on what I have on hand, but I love the simplicity and great "back to the basics" message.

Except for the lamb I'd be happy with all of the over 100 recipes in this book. Although it doesn't focus on calorie counting, it does encourage eating in moderation. The Mediterranean diet adheres to the American Heart Association's guidelines for consuming monounsaturated fats instead of the typical high saturated fats found in American diets. There are many studies cited in the book and I won't bore you with that, but evidence is clear this is a delicious, heart healthy and cancer inhibiting diet rich in olive oil, lean meats, fish, veggies, fruits and even red wine with dinner. There is a 4 week meal plan and a shopping list that makes it very easy to shop for what you need. Try the

## Baked Eggs with Goat Cheese and the Spiced Sweet Potato Pancakes.

This book presents a little information on the Mediterranean diet and why you would want to follow it. However, the narrative is rather sparse leaving you with more questions than answers. Where it is strong is laying out a four week course of eating to get you started with the Mediterranean diet. Included are various recipes. It makes a good supplement to other books on this subject such as "Mediterranean Diet Cookbook for Dummies" or the "The Mayo Clinic Diet".

The book is really informative and does guide one into the Mediterranean diet. Not many recipes I can eat in this book though. The recipes I can eat are delicious at least! I feel like the recipes are way too long and complicated for someone like me, who is a beginner in the kitchen. A more advanced person in the kitchen would do really well with this book.

The Mediterranean Diet for Every Day is a book for those who want to enjoy wholesome foods and eat healthy meals without feeling restricted. Out of all the different diet plans I have tried, I have to say that this one is the least restrictive and therefore probably the easiest to stick with. With over 100 recipes, the book includes a 4-week meal plan that can easily be adapted to your tastes so that the variety is there and less chance of getting bored by eating the same foods. If you are one who enjoys a glass of wine with your meal or if you still want to enjoy whole-grain breads and pasta, then The Mediterranean Diet for Everyday is for you.

A couple of weeks into this book there are two issues that make these meal plans difficult for me to follow. Very expensive - I am up to around \$500 in groceries for the last two weeks and that didn't include the lamb in week one because I don't like lamb. I don't necessarily blame the book for this but all the seafood, fresh produce, dried fruits & nuts really add up so keep that in mind if you're thinking of following this books plans. The hardest things for me are the lunch recipes. A lot of them require an hour or more to prepare and if you work you will need to make them the night before, like multiple soups, or pizza from scratch. I work during the day and usually stick to salads for lunch. I would consider most of the lunch recipes better suited for dinners. I also wish they had included the nutritional information and overall preparation times for the recipes.

The Mediterranean Diet for Every Day: 4 Weeks of Recipes & Meal Plans to Lose Weight is straightforward and genuinely pleasing. I enjoy Mediterranean cuisine and this cookbook is

chock-full of excellent recipes that will leave you and your family wondering what is for breakfast, lunch, dinner, and dessert tomorrow. It even furnishes grocery lists, allowing you to easily stock your kitchen for an entire month of delectable delights. I fancy ingredients with integrity, as they empower you to live your life in a healthy fashion, and the recipes included do not betray my ideals. After cooking for a few days, my stomach is full, my mind is at ease, and I no longer have to worry about what I will be eating during the upcoming weeks.

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