



# **Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success**

*Rockridge Press*

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**NEW YORK TIMES BESTSELLER**

Does your diet leave you feeling restricted and confined? Escape to the healthful and carefree Mediterranean lifestyle.

*The Mediterranean Diet for Beginners* offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind.

*The Mediterranean Diet for Beginners* is the complete guide to a new way of living:

- Wake up on the Spanish coast with a Mediterranean Omelet, or take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl--40 delicious recipes will whisk your palate away.
- The 10 Tips for Success ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat.
- The 7-Day Diet Meal Plan is about enjoying food, not depriving yourself. Planning a week's worth of meals is easy with not only helpful hints for buying the freshest ingredients to prepare at home but also tips for ordering Mediterranean-diet-friendly dishes while dining out.
- *The Mediterranean Diet for Beginners* also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthy antioxidants and omega-3s.

The Mayo Clinic calls the Mediterranean diet the "heart-healthy diet," and it's considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, *The Mediterranean Diet for Beginners* takes you step-by-step into this transformative way of eating and living.

Start living the Mediterranean lifestyle today with *The Mediterranean Diet for Beginners: The Complete Guide--40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success*.

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