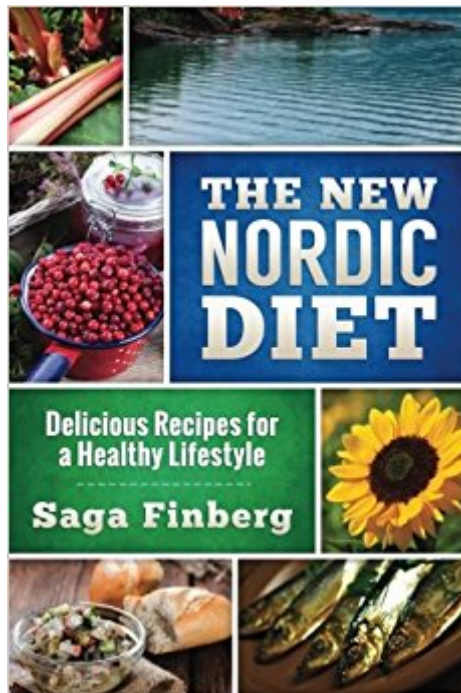


The book was found

# The New Nordic Diet: Delicious Recipes For A Healthy Lifestyle (Volume 2)



## Synopsis

40 Mouth Watering Fish, Seafood and Game Recipes with Desserts Introducing guilt free healthy eating with the New Nordic Diet Created in 2004 by a group of chefs and nutritionists, THE NEW NORDIC DIET is built on concepts that are familiar to the Nordic people â “ Swedish, Finnish, Norwegians and Danes - and it relies on local, simple and fresh ingredients, rustic flavors and simple ways of cooking the food if not eating it raw. The main focus of this diet is reducing the risk of cardiovascular disease, but it has been proven to boost metabolism and reduce the risk of type 2 diabetes, while having a good impact on weight and general health and energy. Go ahead, eat like a Viking and lose weight, feel healthier and enjoy delicious new recipes.

## Book Information

Series: Nordic Diet

Paperback: 80 pages

Publisher: CreateSpace Independent Publishing Platform (March 21, 2015)

Language: English

ISBN-10: 1508985103

ISBN-13: 978-1508985105

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #693,921 in Books (See Top 100 in Books) #90 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #1361 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

This is for both newbies to the Nordic Diet as well as those who've been doing this for a very long time. There is a short introduction on what the Nordic diet is, what its main concepts are, the main foods it consists of, and its benefits. From there, there are tons of delicious recipes! Each is different, but most can be prepared very easily. Even though these foods are really healthy, I've tried out a few of the recipes and they taste amazing as well!! If you're looking to start a new healthy diet, then this book will help you get there. Stop stressing about what you have to buy or make for every meal... this book makes it easy!!

I am always looking for new recipes for healthy meals and this book has so many wonderful ones.

We all know fish is good for us and especially if you love salmon this book is for you. The recipes sound absolutely delicious and I can not wait to try them. I love venison and fresh berries as well as haddock. Each recipe is complete, covering everything you need from ingredients, how to prepare it and prep time. They look very easy to make and will make eating healthy so much simpler. There are so many preservatives and additives in everything and I love knowing I can make yummy meals for my family and know exactly what is in them. This book is awesome and I thank Saga Finberg for putting it all together. I recommend this recipe book to anyone who wants delicious meals. Bon Appetite'!

Delicious, flavorful, and filling! All the recipes are very healthy and tasty, especially if you love fish like me! A huge variety of recipes that are yummy and good for you at the same time.

[Download to continue reading...](#)

The New Nordic Diet: Delicious Recipes for a Healthy Lifestyle (Volume 2) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Flat Belly: Dash Diet Weight Loss Action: Lose

Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss)

[Dmca](#)