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# Quick And Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made In Minutes



## Synopsis

From the Publisher of *A New York Times* Bestseller *The Mediterranean Diet for Beginners*

Easily add simple, nutritious Mediterranean Diet recipes into your daily routine. Numerous scientific and medical studies have proven that the Mediterranean Diet is one of the most effective diets for losing weight and improving overall health. The *Quick and Easy Mediterranean Diet Cookbook* will give you over 75 fast and delicious Mediterranean Diet recipes, packed with fresh foods, whole grains, and healthy fats, so you can experience the benefits of Mediterranean eating right away. With easy meal plans, shopping lists, and recipes bursting with flavor, *The Quick and Easy Mediterranean Diet Cookbook* will make your path to better health simple and enjoyable.

The *Quick and Easy Mediterranean Diet Cookbook* will give you all the tools you need to make fast Mediterranean Diet recipes, with:

- More than 75 quick and easy Mediterranean Diet recipes, including Cinnamon Pumpkin Oatmeal, Tomato Almond Pesto, and Agave Glazed Salmon
- A comprehensive list of Mediterranean Diet foods to add to your shopping list
- Steps for saving both time and money through weekly meal planning
- Practical tips for making quick and flavorful Mediterranean Diet meals using the tools and ingredients you already have on hand

The Mediterranean Diet is more than just another fad diet - it is a healthy way of life that anyone can enjoy. The *Quick and Easy Mediterranean Diet Cookbook* will help you incorporate Mediterranean Diet recipes into your kitchen repertoire, with amazing results.

## Book Information

Paperback: 118 pages

Publisher: Rockridge Press (January 16, 2014)

Language: English

ISBN-10: 1623153573

ISBN-13: 978-1623153571

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 8.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (89 customer reviews)

Best Sellers Rank: #71,168 in Books (See Top 100 in Books) #51 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#) #283 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #736 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

So this is an okay book. The first part of the book is spent touting the benefits of a Mediterranean diet. It's largely hyperbole, and light on compelling advice beyond "eat more vegetables and less meat," and that's okay; I didn't really buy the book because I'm dieting, I just want to learn how to cook more Mediterranean dishes. In that regard, this book is kind of light, as well. If you're a novice to cooking and eating, this is a good book - VERY simple recipes with easy to obtain ingredients, solid advice, if a bit simplistic. I just wish it veered more away from Italy. There were one or two token recipes from Greece and Spain, but nothing noteworthy from Morocco, or Lebanon, or France, or Portugal, or Turkey - cuisines I would like to have seen in a Mediterranean cookbook.

• The Quick and Easy Mediterranean Diet Cookbook • is the first book diet book I've read that isn't solely about losing weight. The Mediterranean diet isn't a diet per se, but more of a way of life. The foods in this diet are centered on the nutritive traditions of people living in the countries flanking the Mediterranean Sea. Those countries include Greece, Spain, Morocco, Italy, and Turkey. The Mediterranean diet has exceptional health benefits. Studies have shown that integrating this diet into one's life can potentially raise life spans by 9%. Although it is just a study, I'd say that is rather impressive. And you get to eat delicious meals! In addition to a higher life expectancy, the Mediterranean diet can decrease the chance of heart disease, reduce the risk of cancer by 6%; neurodegenerative diseases by up to 13%. This book gives you lists of foods you can eat unreservedly, foods that are to be eaten in temperance, and foods that are to be evaded. It also includes a several tips on how to make the most out of your time and money while switching to this lifestyle. After reading it, I was pretty much sold. If you'd like to change your eating habits for the better, and in turn live a healthier life, I highly recommend • The Quick and Easy Mediterranean Diet Cookbook. •

The Quick and Easy Mediterranean Diet Cookbook, had many great recipes in it. They were quick and easy. The main course had lots of herbs for flavor. They use whole wheat pasta to help on the calorie count. They included desert to help the person that has a sweet tooth that is trying to diet. I gave it a three stars because I feel that the cookbook need to show more pictures of the recipes. I also feel they need to add a few more main courses. Over all this cookbook is full of flavor and that is very important when dieting.

Promoting lifestyle over deprivation, this book appeals to readers new to Mediterranean-style food and those seeking greater health. However, readers expecting an informative read might stay

hungry for more. Assurances of seafood's impact on the Mediterranean culture find little legitimacy in the book's seven fish recipes. And twelve recipes for chicken, turkey, beef, sausage, lamb and pork disregard its assertion that Mediterranean cooking places little emphasis on poultry and red meat. With six breakfast smoothies but no instructions for making risotto – named as part of a real Italian meal – the book feels inconsistent in its reasoning. It also fails to offer warnings on which fish to avoid for their high content of mercury or other toxins.

The author discusses how his book can help us live more healthfully. It does not tell you what you can or cannot eat. Instead, he explains how the principles of this Mediterranean Diet can be worked into your current lifestyle, whatever that may be, and how it may lead to better health. He spends a little time writing about how people in the Mediterranean countries have eaten for centuries, and how they enjoy better health than we in USA do. He talks about some of the benefits of incorporating this kind of eating into your diet. What he proposes includes some very tasty eating, indeed! The book also contains dozens of recipes. Most are easy enough even for a beginning cook, and almost all look quite yummy. I cannot wait to try some. The recipes are grouped according to types of food; there is a section for Breakfast, Appetizers and Snacks, Soups and Salads, Entrees, and even Desserts and Drinks! The author does not try to convince you to make drastic changes, or to alter your entire way of life. He instead encourages you to try some of his recipes and include some of this healthy and tasty food into your diet.

The perfect guide for seeing food through the lens of the Mediterranean diet. The Quick and Easy Mediterranean Cookbook sets up food parameters and helps you plan meals. The recipes are a great tool for making shopping lists, sticking to them and preparing delicious meals at home, and quickly too. Aside from the health benefits, I can also see this cookbook saving me time and money. There are some incredible recipes, even ones with breads, starches, and pastas. The focus on cooking methods like baking and steaming (above frying) and flavoring with herbs, spices and fruits (instead of refined sugars and unhealthy fats) is what really rings true to the Mediterranean diet and helps a dieter stay on track.

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