



The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet

Sonoma Press

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In the age of green smoothie detoxes and elimination diets, it's easy to forget that you can actually enjoy flavorful, satisfying food *and* live a more healthful life. The cuisine of the Mediterranean is some of most nourishing and delicious in the world, and *The Mediterranean Table* includes more than 150 recipes that promise to make keeping the Mediterranean diet a natural, simple lifestyle change.

While other Mediterranean cookbooks have a strict culinary focus or a strict diet focus, *The Mediterranean Table* marries the two?and proves that you don't have to have a Sicilian grandmother to fill your kitchen with the flavors and traditions of this classic way of eating. With cooking tips, easy-to-prepare recipes, detailed nutritional information, an at-a-glance meal plan, and regional spotlights for every recipe, *The Mediterranean Table* will take readers on a culinary journey through Southern Europe, Northern Africa and the Middle East, all while sharing a time-tested tradition of healthy eating.



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Kim Nielsen:

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Mediterranean Diet yet doesn't forget the main stage, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information could drawn you into new stage of crucial imagining.

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