

The New Mediterranean Diet Cookbook

Nancy Harmon Jenkins

The New Mediterranean Diet Cookbook Martina Slajerova, Thomas DeLauer, Nicholas Norwitz, Rohan Kashid, 2021-04-20 The New Mediterranean Diet Cookbook is your guidebook to the ultimate superdiet, an evidence-based keto diet that emphasizes a diversity of fish, healthy fats, and a rainbow of colorful vegetables—with 100 delicious recipes for everything from snacks to dinner. The Mediterranean diet has long been touted as one of the world's healthiest diets, renowned for its protective effects against heart disease, cancer, and other chronic illnesses. However, its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many. Also shown to have many health benefits, the ketogenic diet stimulates the fat-burning and longevity-promoting state of ketosis by limiting carbs and emphasizing high-fat foods. While the keto diet is about the proportion of macronutrients (fats, protein, carbohydrates) in the food you eat, the Mediterranean diet is about specific food types: seafood, olive oil, colorful vegetables, and other anti-inflammatory foods. This book is about living and eating at the intersection of these complementary diets so you can reap the benefits of both. While both diets advocate significant amounts of healthy fats and protein, the new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and omega-3 fats that health experts agree promote living a long disease-free life. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that stokes metabolism, supports the gut and microbiome, and is anti-inflammatory, anti-aging, and nutrient-dense. Improve your overall health while enjoying delectable dishes including: Superfood Shakshuka Blender Cinnamon Pancakes with Cacao Cream Topping Green Goddess Salad Pancetta Wrapped Sea Bass Sheet Pan Crispy Salmon Piccata Fierce Meatball Zoodle Bolognese Nordic Stone Age Bread Chocolate Hazelnut "Powerhouse" Truffles With The New Mediterranean Diet Cookbook, you'll learn how to balance your macronutrients, what foods are considered the new Mediterranean superfoods, and how to make tasty dishes to keep you satisfied all day.

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Mediterranean Sea (Balkans, Italy, Spain, Turkey, etc.) were always consuming local foods. This area around the largest sea in the world is sun-kissed for more than three hundred days a year; no wonder here you can find some of the freshest and most delicious fruits and vegetables, aromatic spices, delicious wines and fresh juices, light meals that will satisfy your taste buds and keep you full for a long time. The popularity of this diet rose in the sixties when Mediterranean restaurants found their way to the rest of the world. People who live around the Mediterranean are known hedonists; they love good food and good drinks, don't rush their meals, and dedicate their attention to the food they eat. Besides the good food, they are not lazy and would gladly use their bike or walk from one place to another. This book covers: - Smoothies and breakfast recipes - Salad and soup recipes - Pasta, rice and grain recipes - Vegetables recipes - Meat recipes - Lunch recipes - Dinner recipes - And much more The Mediterranean diet is full of never-ending varieties of healthy, fresh, and delicious foods. However, there is more of an emphasis on certain types of foods; nothing is excluded. People who try a Mediterranean diet can enjoy the dishes they love while also learning to appreciate how good the freshest, healthiest foods can be. Transitioning into the Mediterranean diet is mainly about bracing yourself for a new way of eating, adapting your attitude toward food into one of joyful expectation and appreciation of good meals and good company. Buy it NOW and let your customers get addicted to this AMAZING BOOK!

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the Mediterranean way of eating is all about. Experienced and novice cooks alike will be inspired by these delectable, seasonally inspired recipes ranging from sweet young Roman-style peas for spring to skewered shrimp for summer, robust North African Pumpkin Soup when autumn is in the air, and warming winter dishes like Lebanese Garlicky Roast Chicken and Cypriote Braised Pork with Wine, Cinnamon, and Coriander—plus a variety of fabulous pizzas and dinner pies, hearty salads like Tuscan panzanella, and satisfying small dishes known as tapas. Also included is a special selection of traditional dishes prepared for Islamic, Jewish, and Christian holidays that can be enjoyed year round. Rich in flavor and healthy nutrients but low in saturated fats and cholesterol, here are recipes that will delight your palate, nourish body and soul—and can be prepared with ease in your home kitchen.

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Mediterranean Diet Cookbook for Beginners Lisa Fain, 2020-08-29 Our guide to the Mediterranean diet Essentially, following a Mediterranean diet means eating in the way that the people in the Mediterranean region traditionally ate. EVERYTHING YOU NEED TO GET STARTED IS RIGHT HERE INSIDE THIS COOKBOOK! The Mediterranean Diet is the best thing that could ever happen to you! Trust us! Millions of people all around the world have already discovered this special lifestyle, and they all recommend it! Embracing a Mediterranean Diet will make you change forever! It brings you so many health benefits that are associated with this kind of diet and will make you feel fantastic. This diet is easy to follow, and it will soon show all its positive effects! How to make your diet more Mediterranean You can make your diet more Mediterranean-style by: eating plenty of starchy foods, such as bread and pasta eating plenty of fruit and vegetables including fish in your diet eating less meat choosing products made from vegetable and plant oils, such as olive oil The Mediterranean diet has been linked with good health, including a healthier heart. Inside, you'll discover: Why the Mediterranean Diet? What is the Mediterranean diet? How Do I Start a Mediterranean Diet? What foods you can eat Inspiration Tips Which foods to avoid Benefits of the Mediterranean diet The Mediterranean Way of Life And Quick & Delicious (Very New) Mediterranean Diet Recipes This book provides an actionable, easy-to-follow program to kick-start weight loss and put you on the path to a healthier, slimmer, happier you. The plan will help you lose weight, keep it off, and avoid a host of chronic disease. This Mediterranean diet plan is easy to follow because it's filled with easy recipes and diet guidelines. Foods are simple to prepare, delicious, and completely versatile to apply to your individual taste buds. This style of food is low in processed sugar; is full of fresh, nutrient-dense foods; and doesn't break the bank. And this plan allows you to be creative while still enjoying the foods you like in moderation. You won't get bored, and you'll never feel like you are on a diet -these are all important to a successful long-term lifestyle adaptation. I am excited for you, so let's start building your toolbox for success! Scroll up and click Buy Now and begin your journey to feeling and looking better from the inside out today and change your

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