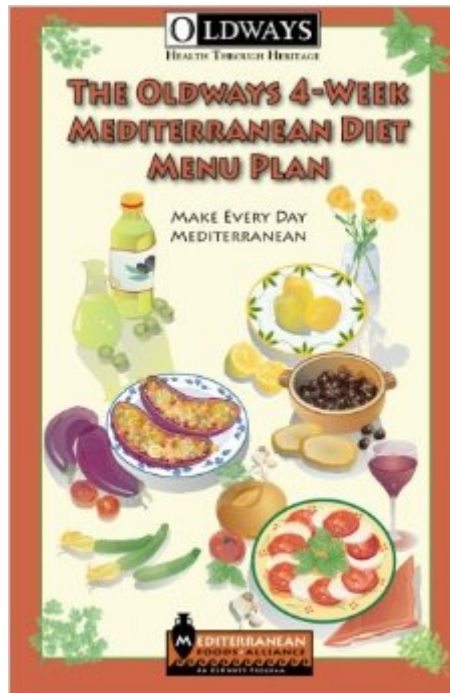


The book was found

# The Oldways 4-Week Mediterranean Diet Menu Plan: Make Every Day Mediterranean



## Synopsis

The Mediterranean Diet is not a diet, as in "go on a diet," even though it's a great way to lose weight and improve your health. Rather, it's a lifestyle, based upon the traditional foods (and drinks) of the countries that surround the Mediterranean Sea. Scores of leading scientists have rated this way of eating as one of the healthiest diets in the world, while millions of people like you have rated it one of the most delicious! The menus you'll find in The Oldways 4-Week Mediterranean Diet Menu Plan are designed to take you on a 28-day journey through many of the delicious and satisfying tastes of the Mediterranean Diet. Unlike most diets, the Mediterranean Diet doesn't cut out all the good stuff and leave you feeling deprived. Because it features a wide variety of foods that are just naturally healthier and lower in calories, you'll find you can enjoy "good taste" and "good for you" at the same time.

## Book Information

Paperback: 84 pages

Publisher: Oldways (November 26, 2012)

Language: English

ISBN-10: 0985893907

ISBN-13: 978-0985893903

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (124 customer reviews)

Best Sellers Rank: #115,373 in Books (See Top 100 in Books) #65 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#)

## Customer Reviews

The mediterranean way of eating is one of the most studied and healthful ways of eating known to medical science so you should be eating this way if you want to maintain your health and minimize your chances of suffering from heart disease, stroke, cancers, diabetes, etc. (which are in large part caused by following the standard American diet). That said, this simple little book is the key to making the change from your standard American diet to this new (to most of us), healthful way of eating. Actually, this diet (i.e. way of eating) is very old and is not a new or "fad" diet. Fruit & Vegetables, Beans, Nuts, Fish and Seafood, Healthy Fats/Oils, Whole Grains, a little Poultry, even less Red Meat, Eggs, some Dairy (Cheese & Yogurt), Herbs for seasoning, and Wine to drink (optional). In a series of four, weekly, "meal plans" (including the recipes) it takes you through a

variety of different mediterranean (or mediterranean inspired) dishes (breakfast, lunch and dinner) and includes many hints and tips for cooking, substitutions, shopping, etc. The recipes are mostly very quick and easy to make once you've procured the (few) ingredients. The few that take longer generally need to marinate. Some are as simple as a plate of sliced tomatoes drizzled with extra virgin olive oil and sprinkled with crumbled Feta cheese. Add a slice of wholemeal bread or toast spread with Hummus or Guacamole and your healthy, light lunch is complete. Delicious but so quick and easy. A few of the recipes/meal ideas, are variations on a theme though (e.g. salads), so some can be a bit samey, but you can just pick the ones you like; it's not a rigid plan. I won't say they all taste fantastic, nor could they with such few ingredients, but pretty much all that I've tried I've enjoyed.

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

The Oldways 4-Week Mediterranean Diet Menu Plan: Make Every Day Mediterranean Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Speak in a Week! Italian Week Two [With Paperback Book] (Speak in a Week! Week 2) (Italian Edition) Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options Book 1) The Skinnytaste Meal Planner: Track and Plan Your Meals, Week-by-Week Bertolli Celebrates the Mediterranean Menu The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Day Trading: A Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading, Day Trading For Beginner's, Day Trading Strategies Book 1) Countdown to Your Perfect Wedding: From Engagement Ring to Honeymoon, a Week-by-Week Guide to Planning the Happiest Day of Your Life 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods

Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Power Souping: 3-Day Detox, 3-Week Weight-Loss Plan Flip Your Classroom: Reach Every Student in Every Class Every Day

[Dmca](#)