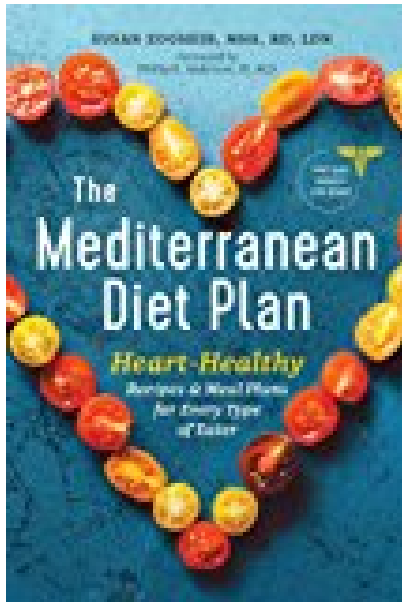


# The Mediterranean Diet Plan Heart-Healthy Recipes & Meal Plans for Every Type of Eater

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## BOOK DETAILS

- Author : Susan Zogheib
- Pages : 260 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623157579

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## BOOK SYNOPSIS

As a practicing clinical cardiologist, I am constantly encouraging my patients to adopt this diet. This book is an accessible, practical and informational tool that makes heart-healthy eating decisions a cinch. I'm thankful to have this cookbook to share with patients to help them improve their lives. - Phillip R. Anderson III, MD, Clinical Interventional Cardiologist Co-director Florida Hospital Orlando Cardiac Rehab Central Florida Cardiology From the publishers who brought you the bestselling titles Mediterranean Diet for Beginners and The Mediterranean Table, and clinical nutrition expert Susan Zogheib, comes The Mediterranean Diet Plan: Heart-Healthy Recipes & Meal Plans for Every Type of Eater. The Mediterranean diet delivers much more than a taste of the culture. It has been proven an effective diet that encourages long lasting heart health. This book explains the science behind the Mediterranean diet, and offers 100 indulgent recipes that decrease cholesterol levels, reduce risk of coronary heart disease, and support weight loss. brings With the ingredients flavors and flavors ingredients inherent toof the Mediterranean coast--fruits, vegetables, pasta, olives, and beans--straight to your kitchen table. You'll The Mediterranean Diet Plan teaches you the heart-healthy principles of the Mediterranean diet with simple yet delicious recipes. find deliciously indulgent recipes that decrease cholesterol levels, reduce risk of coronary heart disease, and help with weight loss . Learn the Basics Fresh fruits and vegetables are low in fat, high in fiber, and rich in antioxidants,.antioxidants. Whole grains contain nutrients and naturally occurring disease-fighting chemicals, while also increasing satiety. And olive oil--the heart disease fighting superhero--keeps bad cholesterol levels low and good cholesterol levels high. Pick Your Plan Four 4-week meal plans accommodate different dietary preferences or lifestyles, allowing you to take advantage of the many benefits of the Mediterranean diet with more ease and less stress. Choose from the following plan options: Traditional, Meatless, Seafood-Free, and 30-Minute

### **THE MEDITERRANEAN DIET PLAN HEART-HEALTHY RECIPES & MEAL PLANS FOR EVERY TYPE OF EATER**

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