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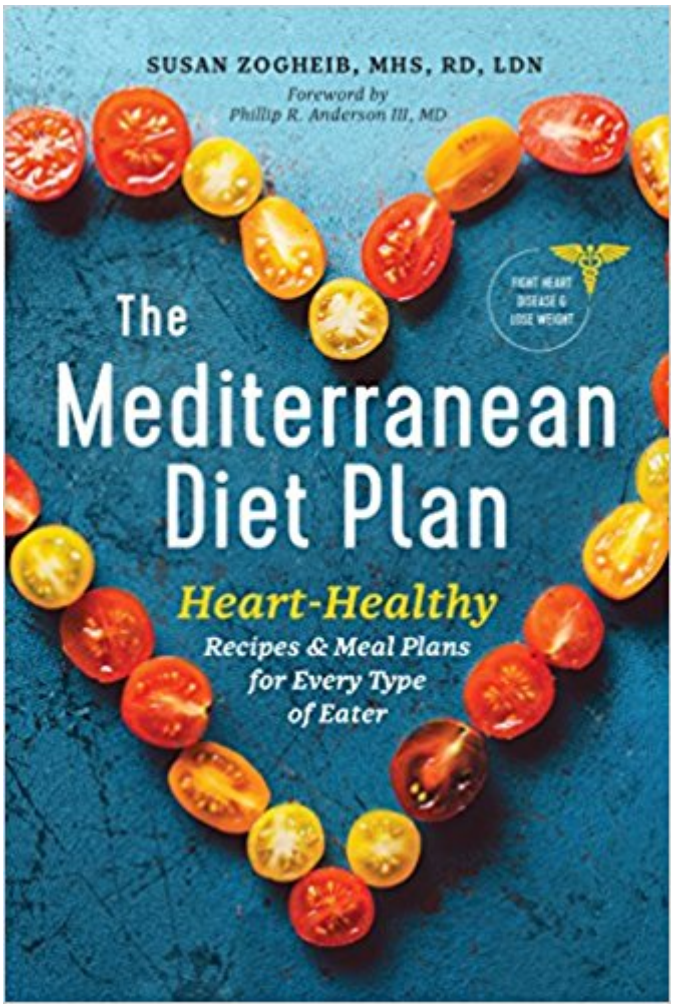
The Mediterranean Diet Plan: Heart-Healthy Recipes & Meal Plans For Every Type Of Eater



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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. Iâ ™m thankful to have this cookbook to share with patients to help them improve their lives. â “ 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 coastâ •fruits, vegetables, pasta, olives, and beansâ •straight to your kitchen table. Youâ ™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 oilâ •the heart disease fighting superheroâ •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

Book Information

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Customer Reviews

Yesterday as I began writing this review I came across an article headline titled, "Mediterranean diet better than statins for tackling heart disease." I thought it was interesting and timely as we've known the Mediterranean diet (MD) to be heart-healthy for some time now, however in this study it was demonstrated to be very effective in preventing cardiovascular death in people with existing heart disease. The more likely the people adhered to a Mediterranean diet, the less likely they were to die. I think a major takeaway is not that medications aren't important, because they most certainly are, but it also underlines just how important your diet can be!The book is organized into two parts. The first part (chapters 1 & 2) provides general background information on what the MD is and why it is good for you. It provides a basic, easy to understand, instruction manual for how to be successful in incorporating the MD into your everyday life. It gives you a concise, but thorough, how-to approach to plan your week, and most importantly, the ingredients that your pantry should have on hand at all times. That can't be understated because the whole idea of this book is to make the MD a lifestyle, not just a recipe book to make a Mediterranean dish from time to time. I really like her approach to outlining this as it is not information overload and doesn't take long to read.The second part of the book is all recipes. They range from breakfast to lunch to dinner, and even includes desserts.I had a chance to make quite a few of the recipes, and each one I found to be easy to understand, easy to prepare, and best of all...delicious!

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