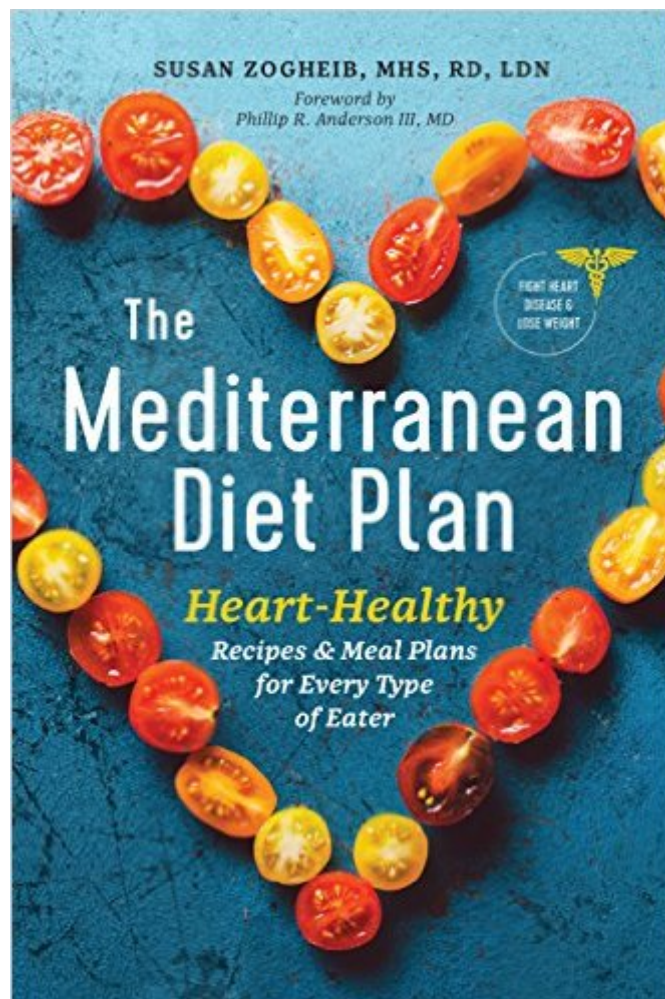


The book was found

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



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.

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™II *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

Paperback: 260 pages

Publisher: Rockridge Press (August 23, 2016)

Language: English

ISBN-10: 1623157579

ISBN-13: 978-1623157579

Product Dimensions: 5.9 x 0.8 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #3,722 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #7 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #112 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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!

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

Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) The Mediterranean Diet Plan: Heart-Healthy Recipes & Meal Plans for Every Type of Eater Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans!

(diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: The Beginners Guide to Authentic Mediterranean CuisineÂ© (Over 100+ Recipes & 1 FULL Month Meal Plan for Healthy Weight Loss, Cookbook Guide) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Mediterreanean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library)