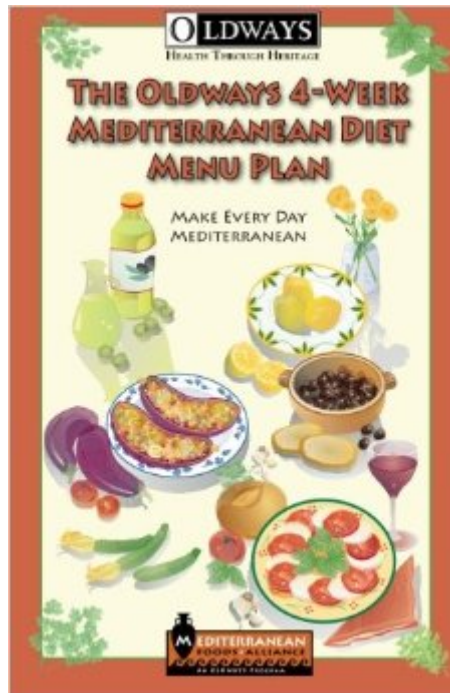


The book was found

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

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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.

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