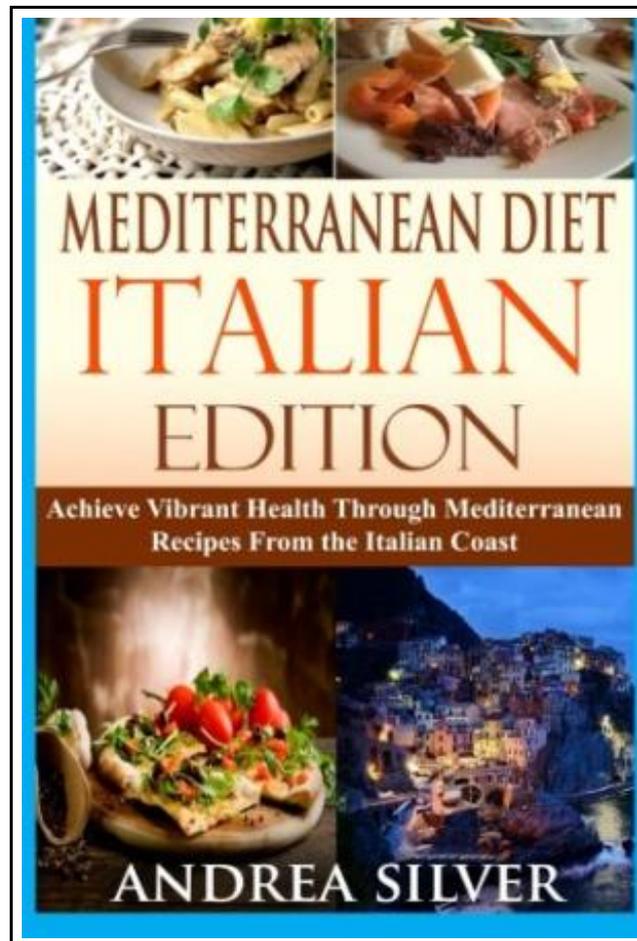


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Explore the Italian side of the famous Mediterranean diet! The coastal regions of Italy, along the southern tip of the peninsula along the Mediterranean coast, there is a rich history of cuisine. In this book, you will find recipes that incorporate the best of the healthy foods made famous by the Mediterranean diet craze; but all with a hint of Italian flare. The Mediterranean diet, with its healthy oils and omega fatty acids, has been linked to reduced bodily inflammation, weight loss, and a reduced risk of cardiovascular diseases. Those whom live on the coastal regions that this diet targets are reported to have higher life expectancies. For anyone interested in this diet, this book will provide simply all of the Italian dishes to make this it work, ranging from Mediterranean pizzas to delicious homemade pesto recipes. Some of the benefits of this book includes: - A new way to try out the Mediterranean diet. - Delicious recipes that Italian food lovers are bound to enjoy. - Potential for improved cardiovascular health. - Weight loss potential as you incorporate these fresh, healthy ingredients. I look forward to using my experience as a cook and dietary consultant to help you get the most out of your Mediterranean diet, and to join me in this book as we explore the Italian coasts.



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