



The Mediterranean Diet for Beginners: 110 Delicious Recipes and the Complete Guide to Going Mediterranean

Lauren McDonnell

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Transform your health with the complete beginners guide to the Mediterranean diet!

In an age when green smoothie detoxes and elimination diets are in fashion it's easy to forget that you can actually enjoy delicious, filling food and live an active and healthy lifestyle. *The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean* gives you a full breakdown of the diet's principles and then follows up with 110 delicious recipes.

Enjoy:

- Herb-Maple Crusted Steak
- Mediterranean Veggie Pizza
- Grilled Sardines with Wilted Arugula
- Mediterranean Pancakes
- Mediterranean Quinoa Salad
- Chickpea and Lentil Bean Soup
- Mediterranean Lamb Chops
- Fig Ice Cream
- Banana Blueberry Blast

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