



MEDITERRANEAN DIET: Vol.4 Snacks & Dessert Recipes (Mediterranean Diet Recipes)

Charity Wilson, My Recipe Journal

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Mediterranean Diet Cookbook Vol. 4 Snacks & Dessert Recipes

The Mediterranean diet could be considered one of the healthiest and easiest diets to follow. There are few restrictions and the approach is more about sensible eating than deprivation.

Inside you will discover some awesome snacks and dessert recipes that will allow you to effortlessly transition your current lifestyle over to a Mediterranean inspired dietary lifestyle. By feeling like you are eating normal it becomes much easier to maintain a healthy weight and even lose weight with a Mediterranean diet.

What Does The Mediterranean Diet Include?

The list of foods you can enjoy are essentially endless, but there are guidelines with the Mediterranean diet that make it easy to follow. Here is what you can look forward to:

- Plenty of plant based foods and fruits
- Enjoy nuts, beans, grains and seeds
- Healthy fats like olive oil become a main source of healthy fats
- Yogurt and cheese are there for dairy lovers
- Fish and poultry are enjoyed moderately
- Red meat is enjoyed sparingly
- About 4 whole eggs a week
- Moderate amount of wine which makes most people love this diet

As you can see the Mediterranean diet still allows you to feel like you are living life and not dying while dieting. There has also been numerous health benefits associated with a Mediterranean diet including a reduced risk of heart disease, cancer, Parkinson's, and Alzheimer's. It is the best diet to help you lower your cholesterol.

It is a diet that just plain works for enhancing the quality of your life.

Would You Like Even More Recipes?

In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series:

- *Mediterranean Diet Cookbook Vol. 1 Breakfast Recipes*
- *Mediterranean Diet Cookbook Vol. 2 Lunch Recipes*
- *Mediterranean Diet Cookbook Vol. 3 Dinner Recipes*
- *Mediterranean Diet Cookbook Vol. 5 Slow Cooker Recipes*

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