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The Mediterranean Diet: Recipes Meal Plans for Weight-Loss and a Healthy Lifestyle (Paperback)

By Olivia Heilmann

Createspace, United States, 2014. Paperback. Book Condition: New. 204 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking to lose weight, without starving yourself, while improving your overall health? Are you tired of having low energy and want to increase your energy level?! Then experience the amazing benefits of the Mediterranean Diet, and achieve exactly that! Choosing a diet plan is the first step on a path that can lead you to health, happiness and weight loss success. Once you find the right diet to follow, you can put uncertainty behind you and move forward to become the person you d like to be - both physically and emotionally. The Mediterranean diet is just the answer you ve been looking for to meet your overall health needs while shedding excess body fat. Abundant research has proven that the Mediterranean diet provides many health benefits and helps people lose weight easily and permanently. Not only is this diet a perfect way to lose weight successfully, but it s also a great way to eat for the rest of your life! This book explains the Mediterranean diet, why and how it works, and what to...



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