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## The New Mediterranean Diet: Meal Plans and Recipes for a Slimmer and Healthier Life

By Harry Papas

Turner. Hardcover. Book Condition: New. Hardcover. 240 pages. Dimensions: 9.1in. x 6.0in. x 1.0in. THE BESTSELLING MEDITERRANEAN DIET BOOK IN THE MEDITERRANEAN Join the hundreds of thousands who are eating well and getting slimmer with the new Mediterranean diet book. Featuring delicious, fat-burning, easy-to-make Mediterranean diet recipes, a simple plan, and the psychological tools to stay slimmer, this international bestselling diet sensation takes the incredible flavors of the Mediterranean and adds new fat-burning ingredients that get amazing results. Harry Papas, a certified dietitian in Greece, lost over 100 pounds by creating a revolutionary nutrition plan: a delicious, fat-burning Mediterranean diet coupled with the self-awareness he needed to combat the triggers that contributed to his weight gain. Unlike other diets, The New Mediterranean Diets delicious meal plan is designed to help you stay slim while actually enjoying what you eat. This easy-to-follow Mediterranean diet plan will allow you to get rid of those unwanted pounds with incredibly flavorful and satisfying meals, full of sustaining, wholesome food such as fresh fruits and vegetables, olive oil, and Greek yogurt that have been enjoyed for centuries by those in the Mediterranean as well as celebrities visiting Papas family restaurant in Greece. Packed with recipes and practical nutritional...



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