

# [PDF] The Mediterranean Table: Simple Recipes For Healthy Living On The Mediterranean Diet

Sonoma Press - pdf download free book

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#### Description:

In the age of green smoothie detoxes and elimination diets, it's easy to forget that you can actually enjoy flavorful, satisfying food *and* live a more healthful life. The cuisine of the Mediterranean is

some of most nourishing and delicious in the world, and *The Mediterranean Table* includes more than 150 recipes that promise to make keeping the Mediterranean diet a natural, simple lifestyle change.

While other Mediterranean cookbooks have a strict culinary focus or a strict diet focus, *The Mediterranean Table* marries the two—and proves that you don't have to have a Sicilian grandmother to fill your kitchen with the flavors and traditions of this classic way of eating. With cooking tips, easy-to-prepare recipes, detailed nutritional information, an at-a-glance meal plan, and regional spotlights for every recipe, *The Mediterranean Table* will take readers on a culinary journey through Southern Europe, Northern Africa and the Middle East, all while sharing a time-tested tradition of healthy eating.

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