

[PDF] File size: 69.Mb

Mediterranean Diet Cookbook: A Lifestyle of Healthy Foods (English Edition)



Par Stacy Michaels
audiobook / *ebooks / Download PDF /
ePub / DOC

Dtails sur le produit Rang parmi les ventes
: #778620 dans eBooksPubli le: 2013-07-
24Sorti le: 2013-07-24Format: Ebook
Kindle

[PDF] Mediterranean Diet Cookbook: A
Lifestyle of Healthy Foods (English
Edition)

**Par Stacy Michaels : Mediterranean Diet
Cookbook: A Lifestyle of Healthy Foods
(English Edition)** before purchasing it in
order to gage whether or not it would be worth
my time, and all praised Mediterranean Diet
Cookbook: A Lifestyle of Healthy Foods
(English Edition):

Download

Read Online

Description :

Prsentation de l'diteurThe Mediterranean Diet consists of eating the traditional foods (and drinks) of the countries neighboring the Mediterranean Sea. It is not a traditional diet in the sense of go on a diet, even though it is a great way to lose weight and improve health. More accurately, it is a lifestyle involving activities, foods, and wine in moderation. The Mediterranean Diet has been studied and documented by numerous leading scientists as one of the healthiest lifestyles in the world. Almost as important is the fact that the Mediterranean Diet is full of delightfully appetizing, flavor-filled dishes and meals. For example, consider these easy, yet healthy and delectable dishes:Sicilian-Style StrataSeared Sea Scallops with Spinach

and Toasted PistachiosPortuguese Bean Soup with Sweet PotatoesCioppino with Cod, Mussels
ShrimpAlmond-Crusted Chicken with Romesco SauceMediterranean PizzaFigs with Balsamic Vinegar,
Mascarpone, and WalnutsPrsentation de l'diteurThe Mediterranean Diet consists of eating the traditional
foods (and drinks) of the countries neighboring the Mediterranean Sea. It is not a traditional diet in the sense
of go on a diet, even though it is a great way to lose weight and improve health. More accurately, it is a
lifestyle involving activities, foods, and wine in moderation. The Mediterranean Diet has been studied and
documented by numerous leading scientists as one of the healthiest lifestyles in the world. Almost as
important is the fact that the Mediterranean Diet is full of delightfully appetizing, flavor-filled dishes and
meals. For example, consider these easy, yet healthy and delectable dishes:Sicilian-Style StrataSeared Sea
Scallops with Spinach and Toasted PistachiosPortuguese Bean Soup with Sweet PotatoesCioppino with Cod,
Mussels ShrimpAlmond-Crusted Chicken with Romesco SauceMediterranean PizzaFigs with Balsamic
Vinegar, Mascarpone, and WalnutsBiographie de l'auteurStacy Michaels is a Nutrition Consultant, Culinary
Nutrition Expert Wellness Expert. After going through her own personal fights with higher-than-normal
cholesterol and weight management problems, Stacy decided to focus her energy on nutrition and personal
fitness. Today, Stacey's true passion lies in taking her experiences, education, successes, and failures to help
others find the genuine healthy path to a lean, strong, and sexy body. Today, Stacy has a strong, healthy
body that she feels comfortable in. Establishing this pillar in her life has enabled her to be free to help others
achieve the same. Stacy's fixation is no longer on just physical fitness. Rather, her main focus is to be as
healthy as possible so that she can give as much as possible to others. Stacy believes that by combining all of
the dark times she went through with her own physical self and her education, she is able to speak to people
on a level that she otherwise wouldn't have been able to. Stacy believes that life is about more than dieting.
She wants to reach everyone who is looking for real freedom in regards to nutrition and exercise and show
them the path that is the simplest, healthiest, fastest way to get to where they want to go.