



# The Mediterranean Diet

*Marissa Cloutier, Eve Adamson*

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## **The Mediterranean Diet** Marissa Cloutier, Eve Adamson

Scientists have discovered that traditional Mediterranean cuisine is one of the most healthful, nutritious diets in the world—one that can help everyone lose weight and enjoy lower rates of coronary heart disease and other chronic conditions, including diabetes and cancer. From tasty Moroccan vegetable stew to rosemary focaccia, from eggplant parmesan to lemon almond cake, *The Mediterranean Diet* offers a program that will make dieters everywhere—and food lovers in general—rejoice.

- Includes a 7-day eating plan chock full of savory meals
- Essential in-depth nutritional information about each food category
- A 3-day exercise plan
- Luscious soup-to-nuts recipes designed to satisfy your individual tastes

Lose weight and worry with every delicious meal!

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