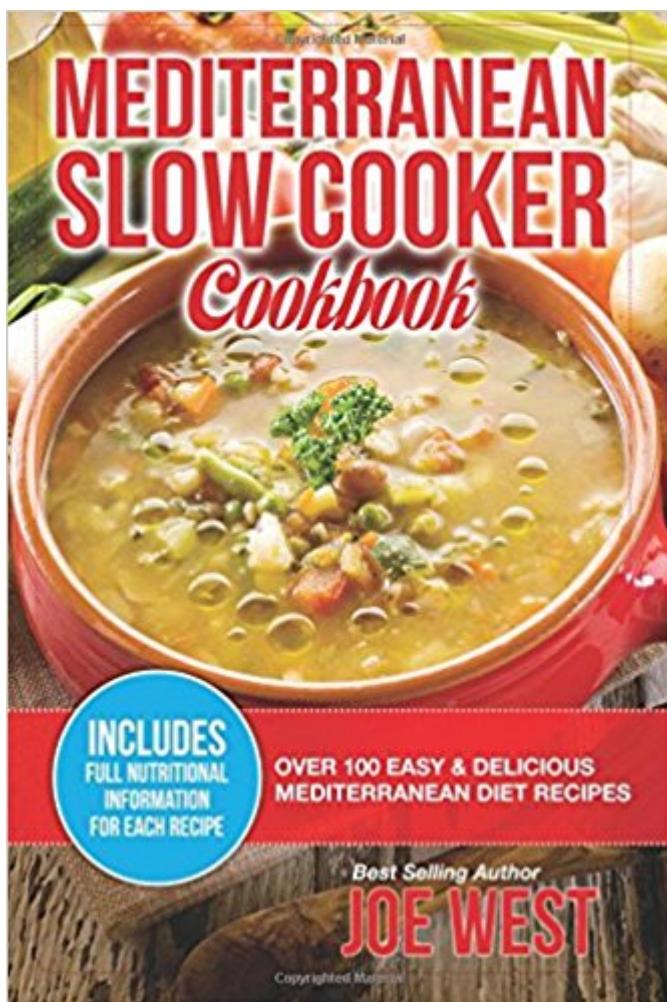


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# **Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Over 100 Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker ... Diet For Beginners, Mediterranean Recipes)**





## **Synopsis**

Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes \*\*BONUS\*\*  
Buy a paperback copy of this book NOW and you will get the Kindle version Absolutely FREE via Kindle Matchbook. This guidebook is going to take some time to look at the Mediterranean diet and why it may be the right choice for you. This is one of the healthiest diet you will find, with years of clinical research, plus thousands of years of practical use in the Mediterranean area, to prove that it does help with life expectancy, heart health, and many other health conditions. No other diet plan has these kinds of results because they don't focus on the whole lifestyle of the participant and don't provide the body with the right nutrition all in one. If you are ready to take your health in your own hands, the Mediterranean diet is the one you need to take a look at. This diet will not only help you to lose weight but will transform the entire way you look at your health and wellness for the better! Hurry! For a limited time you can download "Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes" for a special discounted price. Just Scroll to the top of the page and select the Buy Button.

## **Book Information**

Series: Mediterranean Diet, Slow Cooker Cookbook, Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean Recipes

Paperback: 68 pages

Publisher: CreateSpace Independent Publishing Platform (February 19, 2017)

Language: English

ISBN-10: 1543221009

ISBN-13: 978-1543221008

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.4 ounces

Average Customer Review: 4.2 out of 5 stars 23 customer reviews

Best Sellers Rank: #1,304,390 in Books (See Top 100 in Books) #25 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading #401 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1031 in Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding

## **Customer Reviews**

Everyone enjoys the Mediterranean climate and lifestyle, but what element of that lifestyle makes people healthier? The climate? Maybe to some extent. But the real answer appears to be the

Mediterranean Diet. The book offers some interesting recipes, such as Barbunya Pilaki, Braised Swiss Chard, Creamy Leblebi Stew and many others (leblebi is Turkish for chickpea, apparently). These do all appear to be typical Mediterranean recipes, including ones as familiar as Quattro Fromaggi Spaghetti. There's even a recipe for vegetarian paella, for vegetarians such as myself to enjoy.

Ingredients are realistic, and dishes have a slightly extra interesting spice ingredients than run-of-the-mill crockpot cookbooks. Many dishes listing very few ingredients, making it perfect for times when a ride to the marketplace isn't viable and we're cooking from pantry. The Patlican Kebab cooked in sauce are extremely good, as was the Creamy Leblebi. The pulled red meat recipe, although requiring a chunk of range pinnacle prep work, is well worth the effort because the sauce is mild and flavorful. Masses of recipes do not require substitutions if you are following diets with out gluten, dairy or nuts.

You will surely enjoy these Mediterranean slow cooker recipes! This cookbook gives you over 100 delicious and nutritious recipes to choose from. You can now prepare various slow cooker recipes that you and your family really love and enjoy eating! I recommend this cookbook for those who are in a Mediterranean diet and those who just love cooking delicious and healthy foods!

Recipes look good. I actually have not tried any of them yet. I like the thoughtful commentary with each recipe. My only complaint is several of the recipes have "all purpose flour" as an ingredient. Seems that it would be whole grain or whole wheat flower to follow the diet recommendations. I also noticed a lot of recipes that include red meat which I would think there would be less than this after seeing the food pyramid for this diet. Maybe it is because I consider pork to be in the red meat category. I am new to Mediterranean cooking so maybe this is normal. I know that the way of eating does not necessarily have strict rules.

I've been hearing a lot about Mediterranean diet, but I really didn't understand what it is. From this book, I learned that the diet is really great for your health, specially for your heart! Not only will it help you make the right choices for your diet, will make you lose weight, it will also offer you a good health lifestyle! The recipes looks great, I can't wait to try them! Will definitely recommend this recipe book specially to those who has a heart condition! •••••

This is a wonderful cookbook- I love how it first introduces you to the overall mediterranean diet and why it's so good. It then includes some great, easy to follow recipes for your slow cooker. Lot of value packed into this little book- highly recommended.

This is an amazing cook book with many easy and delicious diet recipes.These all recipes are good for health.This diet will not only help you to lose weight but will transform the entire way you look at your health and wellness for the better.

Attention to detail goes a long with in something like this. The author paid attention to the formatting, using the right heading sizes and everything. The easier to read the easier I can enjoy it. Just started with a few recipes, so far satisfied!

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