



# **Mediterranean Diet for Beginners: 30+ Mouthwatering Recipes To Keep You Healthy & Slim (Easy to Make!)**

*Ali Kinsley*

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This book will teach you everything:

- What Is The Mediterrean Diet
- What Kind Of Foods?
- Are They Healthy?
- Tips To Starting The Diet Successfully
- 30+ Amazingly Good Recipes (Quick & Healthy Meals)
- And Much More..

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