



**Mediterranean Diet: 1200-1800 Calorie
Mediterranean Diet Plan To Lose Weight, Boost
Your Energy Level And Live Longer Life-7 Day
Meal Plan Packed With ... Recipes, Mediterranean
Cuisine) (Volume 5)**

Sofia Antoniou

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Live Your Life Better

Heart-healthy eating plan that emphasizes fruits, vegetables, whole grains, beans, nuts and seeds, and healthy fats. This book contains strategies on how to live your life better by means of doing the Mediterranean diet. With the help of this book, you will get to learn what Mediterranean diet is all about and the benefits of adhering to this diet plan. You will also get to learn about a 7 day meal plan that you can try to make sure that you get to adjust to the Mediterranean lifestyle easily! All the recipes in this book only have the right amount of calories that will help you reach your target of just 1200 to 1800 Calories per day. By learning about the Mediterranean diet, you can be sure that you will become healthier and stronger and when that happens, your outlook in life would be so brighter, too! Once you feel good inside, you will also feel good outside because you would have no worries about always getting sick or feeling like you have no energy left. What are you waiting for? Start reading this book now and get to know what the Mediterranean diet is all about and get to learn new Mediterranean diet recipes. You'll also get to learn about how many calories are there in each recipe to make sure that you would not exceed 1800 calories per day!

Here Is A Preview Of What You'll Learn...

- The Mediterranean Diet-General Overview
- Meal Plan for Day 1
- Meal Plan for Day 2
- Meal Plan for Day 3
- Meal Plan for Day 4
- Meal Plan for Day 5
- Meal Plan for Day 6
- Meal Plan for Day 7
- Much, much more!

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