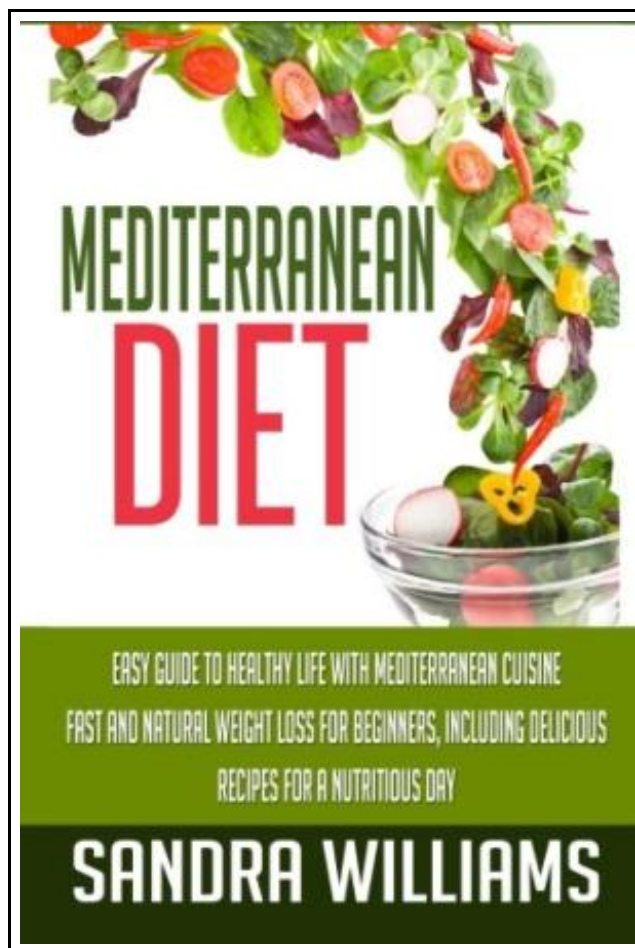


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(Rebecca Bechtelar)


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.FREE GIFTS INSIDE Inside you will find FREE reports: 1. 101 Tips That Burn Belly Fat Daily! (\$17 Value) 2. The 7 (Quick Easy) Cooking Tricks To Banish Your Boring Diet. (\$7 Value) 3. Bonus at the end of the book. Learn What Is Mediterranean Diet, Increase Your Vitality, Lose Weight And Feel Better Instantly! Today only, get this Amazon Book for \$9.99! Feeling tired? Want to eat healthy? Find out what is the best fuel for your body. This book contains comprehensive information about the Mediterranean diet, from what you can eat to some nutrition tips and recipes to get you started. We all want to live a long and healthy life and one of the ways of making this possible is by eating the right kind of food. While most people know the need to eat healthy food for a healthy life, most people are usually confused as to what exactly implies healthy food. You want to be able to eat healthy foods, without the diet being too hard to follow. This is what everyone loves about the Mediterranean diet, it makes eating nutritious and healthy foods much easier. Why is this so, you may wonder? This book will explain that to you in detail. By reading this book, you will learn what the Mediterranean diet is, what it entails, what to eat while on the diet as well as nutritious recipes that you can try today. Here Is A Preview Of What You ll Learn: What Is The Mediterranean DietMyths Surrounding The DietHow You Can Benefit From The Mediterranean DietEffects On Your Body And MindWhat To Eat On The Mediterranean DietChallenges Associated...

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