



Painless Mediterranean Diet Recipes For Lazy People: 50 Simple Mediterranean Cook

Phillip Pablo

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Are you keen on mediterranean diet and too lazy to cook? This recipes book contains 50 surprisingly simple mediterranean diet recipes you can prepare and cook on the same afternoon. In has been proven that Mediterranean diet can help you live longer and at the same time lower your chances of contacting chronic diseases. Mediterranean diet place heavy emphasis on vegetables, fruits, fishes, healthy fats, whole grains and herbs and spices. It may be difficult to take the time to identify the ingredients that meets these requirements. This is where this cookbook comes in. It has wide varieties of whole food recipes ranging from spice olives, egyptian fava beans, buttercup squash soup to shrimp pasta and pineapple bowl. You can mix and match them and there are literally hundreds of variations. This way, you will never get bored of eating the same type of food. Give this book a try. Mediterranean cooking can be painless, even for your lazy ass

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