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Maureen Hussey

# Mediterranean Diet Cookbook Vol 2 Lunch Recipes

**Michal Rosen-Zvi**



## **Mediterranean Diet Cookbook Vol 2 Lunch Recipes:**

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more In this cookbook the topic covered is the Rice Grains Legumes With new tasty low calorie recipes this Mediterranean diet cookbook is specifically designed to help you lose weight keep it off and maintain a healthy lifestyle You will also find beautiful photos of our recipes inside Enjoy These uncomplicated fresh flavorful recipes are perfect for anyone without a lot of time to spare or without any kitchen experience The ingredients can be easily found in grocery stores and many recipes are labeled as 5 ingredient one pot or 15 minute Here s just a tiny fraction of what you ll discover in this book The basics of the Mediterranean diet including what its what it does what it entails how it works and more What is the Mediterranean diet pyramid What to eat while on a Mediterranean diet What to avoid eating while on a Mediterranean diet and much much more Discover recipes such as Roasted brussels sprouts and pecans nuts Tuna and couscous Red wine risotto Red quinoa peach porridge and much much more Make the Mediterranean diet an everyday habit with these quick nourishing recipes 55% OFF for Bookstores NOW at 34 97 instead of 44 97 LAST DAYS Buy it NOW and let your customers get addicted to this amazing cookbook

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Food Processor Perfection America's Test Kitchen,2017-05-02 America s Test Kitchen unleashes the potential of what a food processor can do with an eye opening collection of 75 kitchen tested recipes to make your cooking easier faster and better Your food processor is a powerful tool but is often relegated to only a handful of tasks We have always felt the food processor was underutilized and so we ve set out to create a book that harnesses this appliance s capabilities as never before from almost no bowl baking to multi step dishes like stir fries where all the slicing and chopping happens in the food processor The result is a book of 75 smart ideas where the food processor is the star of every recipe It will transform how you use this appliance streamline everyday cooking and baking and open doors to projects you would never have considered tackling by hand

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