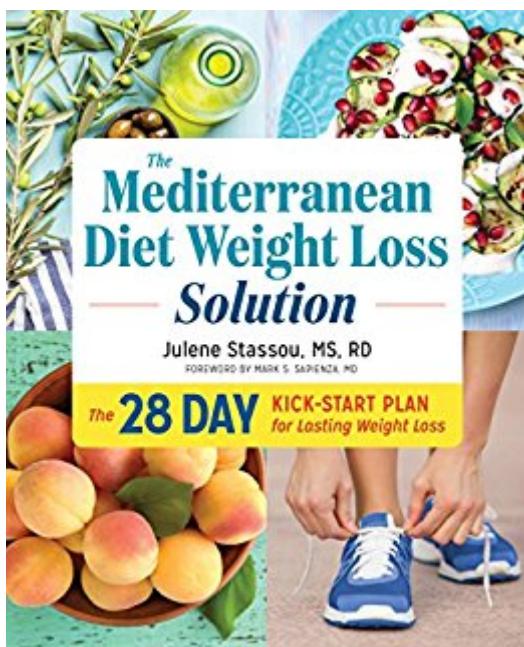


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# The Mediterranean Diet Weight Loss Solution: The 28-Day Kickstart Plan For Lasting Weight Loss



## Synopsis

The Mediterranean Diet is more than just a diet; it's a sustainable way of life. Mark Sapienza, MD Deciding to diet is easy, but finding and sticking to a diet long enough to keep weight off and feel the results isn't always so simple. No one knows this better than author and dietitian Julene Stassou, who recommends the Mediterranean diet to anyone looking to leave fad diets behind for lasting results. Serving up mouthwatering recipes and weekly meal plans alongside realistic routines for losing weight, The Mediterranean Diet Weight Loss Solution is your go-to reference for a long-term lifestyle change. Not just another diet book to help you lose weight, The Mediterranean Diet Weight Loss Solution is a plan to keep it off. The Mediterranean Diet Weight Loss Solution includes: A 28-day meal plan to jump-start your weight loss with tips for food prep Over 90 guilt-free recipes with guidelines for portion control and nutritional information Exercise routines with training day schedules Illustrated charts to help you set your personal goals and track progress As Mark Sapienza, MD, says, The Mediterranean Diet Weight Loss Solution is a simple yet actionable plan that so many of us, swept up in the chaos of everyday life, can on our own put to good use to lose weight and improve health. Set yourself up to stay on track when you eat right and lose weight with The Mediterranean Diet Weight Loss Solution kick-start guide.

## Book Information

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## Customer Reviews

This is a very comprehensive eating and exercise plan based on the Mediterranean diet. The recipes are good, and the 28 day plan is all mapped out for you. However, there is a lot of preparation and cooking required if you follow the 28 day menu. For week one, you will have to buy 7 dairy products, 39 different articles of produce, 9 meats, 5 grains, various canned items, and you will be using at least 15 different spices. Many of the recipes such as White Bean and Kale Soup must be made and placed into 6 freezer containers. You will need lots of containers. If you are willing to shop, cook, and freeze in quantity, this can be a marvelous plan. But you must put in the time.

My diet loomed so boring until I bought this as an e-book. Liked it so much, told a friend and we both bought the paperback version so we can dog ear and save recipes we loved. We both are on out weight loss journey together and I look forward to trying new things.

As a nursing student, I learned about the health benefits of a Mediterranean diet, but could not find recipes online that were both health conscious and practical. This book solved both of my problems--the recipes are delicious, plentiful and easy to make! I would recommend this book to anyone interesting in eating well and looking for a new lifestyle (not just a fad diet).

Note that if you buy the Kindle version, the prep pages that follow each week's menu are not useable or even able to be read as the formatting is scrambled.

This book is for everyone trying to eat healthier and lose the unwanted pounds...and the recipes are delicious!!! I can follow this plan without feeling the dreaded DIET!!!

I read this Kindle book "cover to cover" on my iPhone! My favorite parts were the example Mediterranean diet meal plans, the recipes, and the tips for portion control. Can't wait to dig in and try it all. Oh and the Kindle formatting looked great for me. If anyone is having issues, I recommend

updating your Kindle app.

I love when a cookbook offers more than just recipes, and this one does just that. Instead of just offering ideas for Mediterranean meals, it provides an entire lifestyle plan for how to live, eat, and exercise the way people in the Mediterranean do. The book includes workout and meal plans, details and history of the Mediterranean diet, information about BMI and caloric intake, and lots more. Plus, it transports me to Italy and Greece just reading it, which is always a plus! The recipes are varied and mouth-watering, and most of them seem easy enough for the average cook to follow. Orzo with spinach and feta? Spanakopita? Yes, please! I only wish there were more photos of the recipes, as they would give me more motivation to cook the foods and help me determine whether the foods turn out the way they're supposed to. But overall, I am happy to have this cookbook in my arsenal! I received a free copy of this book from the publisher for my review, but all opinions are my own!

This book takes you thru the basics- eating portions and measurements, colorful plate, removing bad habits, exercise, weekly shopping lists and recipes. It's simple "SMART" approach balanced with correct food & beverage options coupled with attainable exercise schedule is one that is bound to give results. This truly is an all-encompassing common sense attainable approach to weight management however it lacks dietary warnings or labels for health conditions on the recipes.

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