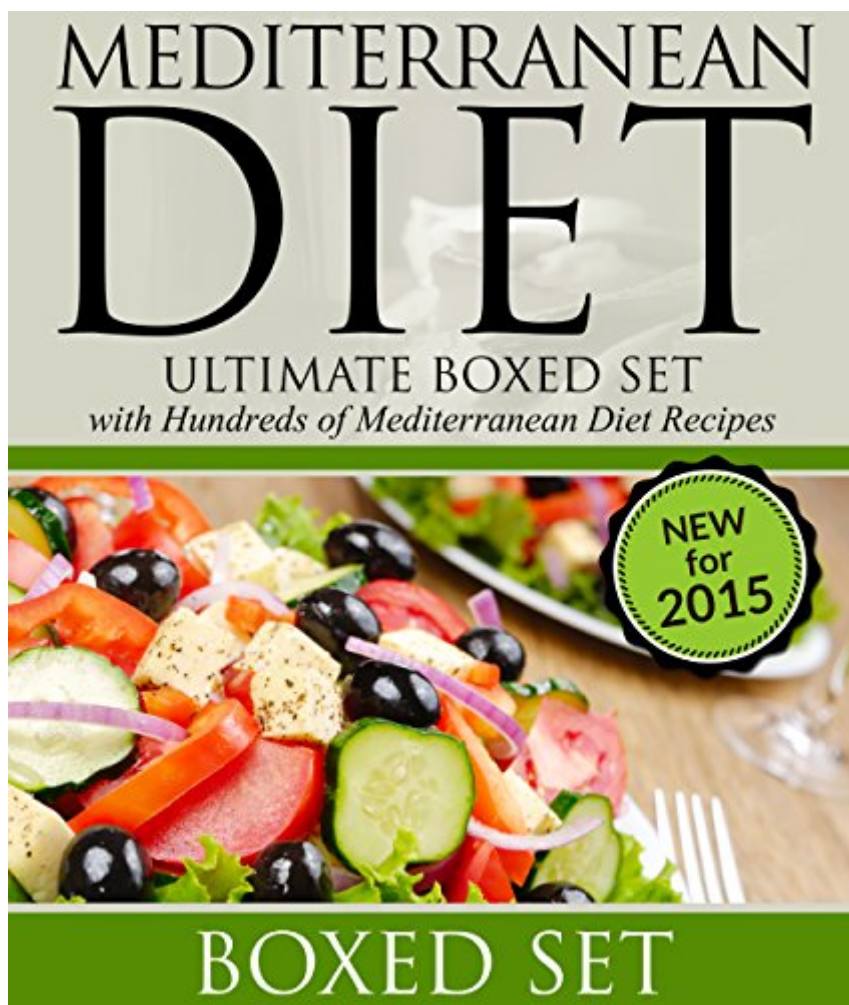


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# Mediterranean Diet: Ultimate Boxed Set With Hundreds Of Mediterranean Diet Recipes: 3 Books In 1 Boxed Set



## Synopsis

This boxed set covers everything you need to know about the Mediterranean Diet. You will cover how the diet works, foods used on the diet, eating out while on the Mediterranean Diet and recipes.

## Book Information

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## Customer Reviews

I've learned my lesson, stay away from this publisher. This publisher is just trying to make a quick buck and capitalize on the ease of self-publishing. This is the only compilation by this publisher that has some recipes I might try out, but I'd have an easier time finding the recipes again on the internet. The "diet plan" was ridiculous. The recipes are not indexed, so you can't really search to find them easily. At least it doesn't seem to be written by a robot, for the most part. However there are many terrible suggestions in the book, like baklava as a breakfast food. recipes with no portions given, or ridiculous portions mentioned. I am including one such offender as an image. The smoothie recipe is throw some fruit and juice in a blender and blend it. Why thank you, I had no idea I could make a smoothie this way! The "pancakes" on the following page says this tiny amount of ingredients would make 20 pancakes, maybe the size of quarters? I don't know. None of these recipes appear to be tested in any way. Just avoid it this "book" (I use the term very loosely) and do

a google search instead, you'll get much better results. I will not be reviewing or purchasing anything else by this publisher, it is a waste of my time and finger strength. Please Note: I received this item at a discount in exchange for my honest opinion. I was not compensated in any way for a positive review. I am a customer like everyone else and I depend on product reviews for help making wise purchase decisions. All of the items I review, I was already willing to purchase and utilize on a daily basis. If you find my review to be helpful please click "YES" below! I am always willing to answer any questions you have before you make a purchase.

I have a degree in Nutrition/Dietetics and know there are many fad diets out there people try to buy into but aren't able to comply with or have good outcomes. Of the hundreds of them out there (thousands?) there are only maybe three that have been scientifically shown to benefit most people, and the Mediterranean Diet is one of them. I'm glad to be able to have this set of 3 Mediterranean Diet books on my Kindle/iPhone/iPad/MacBook so I can make recipes without having to flip through a recipe book and deal with the hassle of page-turning and making a mess. Recipes on an iPad are about as good as it gets. This set starts off by indicating the benefits of various foods, such as artichokes and olive oil, showing the place in the diet for dairy and pasta, and the role various proteins play in this diet. Information about medical impacts, nutritional benefits, and emphasis on macronutrients breaks up recipes, giving the reader the rationale behind the diet. It's a great resource, even though it suffers the same fate many Kindle books seem to share - typos and incorrect words. This sentence from early in the book has one incorrect word spelling and a word that just sounds like the actual word intended: "Just as importantly, bare in kind that much of Southern Europeans' health advantages stem from a relatively more relaxed and social-minded culture." This kind of thing makes books seem less-polished and professional, and often lead me to wondering how many other errors are in the book - especially those that might be considered factual or screw up recipes. However, it's a useful book, so time will tell if errors undermine the worth of the set, or if it's just an annoyance to look past. I received this Kindle boxed set for free in exchange for my honest and unbiased review.

Let me start out by saying that the main issue I didn't give 5 stars is because of how many typos and general errors were in the second part of the book. The first section that went through some history and had the recipes, was well written. I really loved that this book went through the actual medical benefits of the different foods in the recipes given and the cultural significance of many of them. As in, why they would be found in recipes in one area, but totally omitted in areas not that

geographically far. The first chapter has a pretty simple list of ways to succeed with this diet plan. I don't follow any diet plan, but overall i love Mediterranean food and thought i could get some recipes that everyone in my household would like...and i was right. Starting at chapter 4, the other chapters break into recipes for breakfast, lunch, dinner, gluten-free (how often do you see that?!), and snack/dessert. So many of these sounded delicious, whether they were simple recipes that only required two or three ingredients to the more complicated ones that need 11 or 12. Anyone would be able to find recipes in this book that they can confidently serve to friends or family (or themselves). While i do appreciate the second half dealt with things like how to stock your pantry to successfully follow this diet and how to eat out and not tank your diet, the writing was much rougher than the first half. Overall, i am very happy to have this book in my collection with wonderful recipes that have not struck out once with my husband or kids so far. I did receive this book for free (which i have noticed they do sporadically for Kindle) in return for giving my honest review after reading through it.

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