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The Mediterranean Diet Plan: Heart-Healthy Recipes Meal Plans for Every Type of Eater (Paperback)

By Susan Zogheib

Callisto Media Inc., United States, 2020. Paperback. Condition: New. Language: English . Brand New Book. -As a practicing cardiologist, I am constantly encouraging my patients to adopt this diet. This book is an accessible, practical and informational tool that makes heart-healthy eating decisions easy. I m thankful to have this cookbook to share with patients to help them improve their lives.- -- Phillip R. Anderson III, MD, Clinical Interventional Cardiologist Bring the ingredients and flavors inherent to the Mediterranean coast?fruits, vegetables, pasta, olives, and beans?straight to your kitchen table. Based on the heart-healthy principles of the Mediterranean diet, The Mediterranean Diet Plan offers simple yet deliciously indulgent recipes that decrease cholesterol levels, reduce risk of coronary heart disease, and help with weight loss. Clinical nutrition expert Susan Zogheib has teamed up with the publisher of the bestselling titles Mediterranean Diet for Beginners and The Mediterranean Table to bring you the latest Mediterranean diet research and recipes in The Mediterranean Diet Plan: Heart-Healthy Recipes Meal Plans for Every Type of Eater. In addition to offering delicious flavors, the Mediterranean diet has been proven an effective diet that encourages long lasting heart health. This book explains the science behind the Mediterranean diet and...



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