



The Ultimate Paleo Mediterranean Diet (Paperback)

By Mercedes Del Rey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Paleo Diet has become justly famous for helping millions of people around the world to lose weight and improve their health at every possible level. But what if this life-changing style of eating could be improved? What if the method could be enhanced without compromising the core principles? Now the answer can be found in a fabulous synthesis of the Paleo Diet and the best-loved of all eating styles - the Mediterranean Diet! The surprising result of this combination of fabulous food choices is the remarkable similarity between these two wonderful ways of selecting and preparing totally healthy food on a daily basis. Deeply researched because of the astonishing range of health benefits associated with the Mediterranean Diet, many people are equally impressed by the amazing flavours and taste that excite the palate and burst on the tongue. And we can thank a long and well-charted culinary heritage that has impressed travellers for centuries as this fabulous and completely natural way of eating has spawned well-deserved legends of robust health and longevity. Both the Paleo method and the Mediterranean Diet...



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