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## The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life

By Angelo Acquista, Laurie Anne Vandermolen

Tantor Media, Inc, United States, 2013. CD-Audio. Book Condition: New. Unabridged. 193 x 135 mm. Language: English . Brand New. Renowned for its dazzling beauty and delectable cuisine, the Mediterranean island of Sicily has historically one of the healthiest diets in the world. Recent studies show that this eating style can reduce the risk of developing Parkinson s disease, Alzheimer s, diabetes, and depression, and that it can even increase fertility rates! Now all the succulent flavors and myriad benefits of Sicilian cooking are yours to savor in the very first weight-loss program that will not only help you effortlessly shed unwanted pounds but will become a prescription for a lifetime of nourishing, palate-pleasing fare. Created by respected physician Dr. Angelo Acquista, who has successfully counseled his patients on weight management for years, The Mediterranean Prescription starts with a two-week weight-loss stage that includes simple, delectable recipes to help you lose eight to ten pounds right away. Still convinced that all diets leave you feeling deprived? Imagine eating Baked Zucchini with Eggplant and Tomatoes, Sweet-and-Sour Red Snapper, Chicken Cacciatore, Pasta Fagioli, and Baked Onions. Dr. Acquista culled his Sicilian mother s recipe box for the most mouthwatering recipes plus he includes...



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### Reviews

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