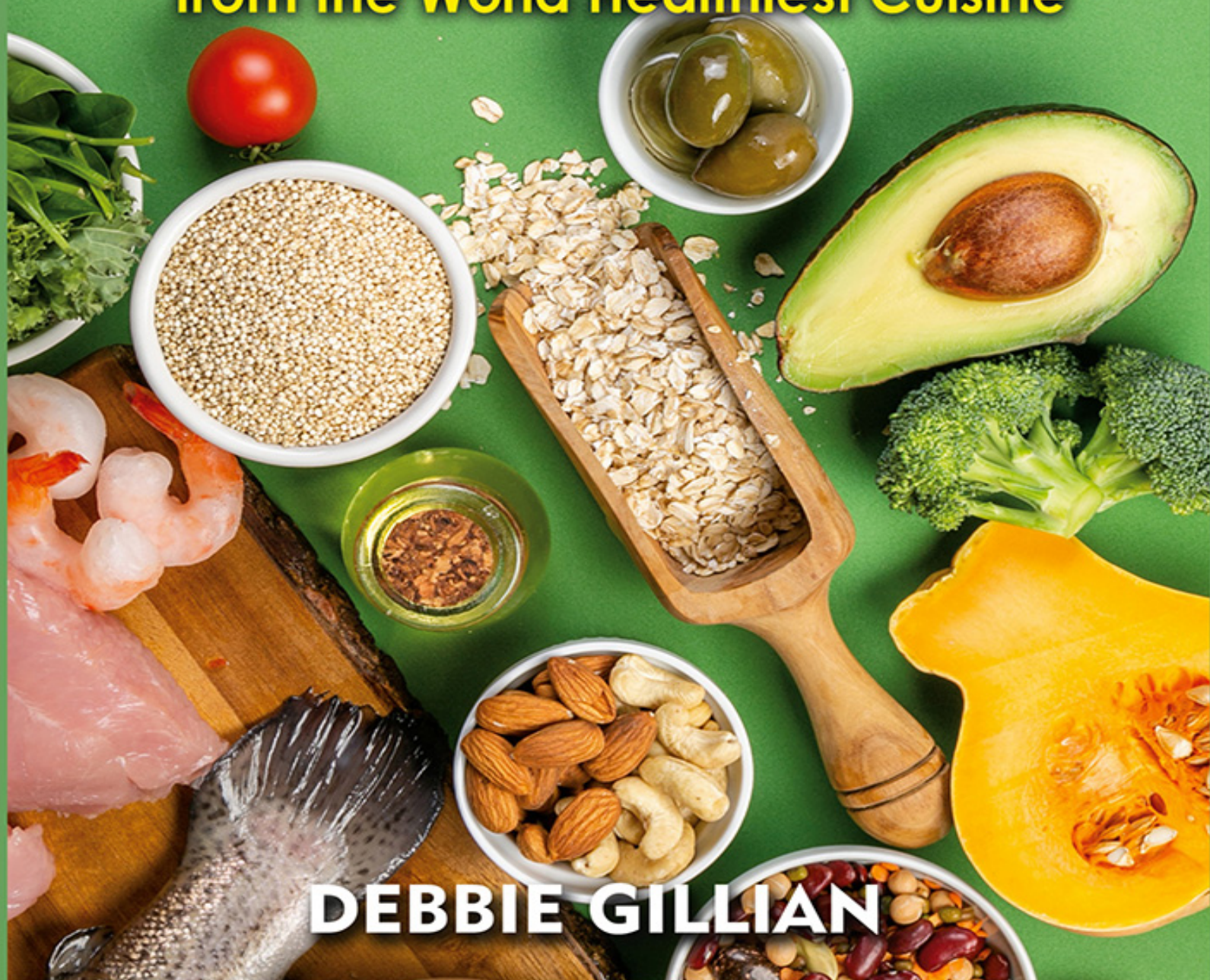


The Essential Mediterranean Diet Cookbook

Simple and Affordable Recipes
from the World Healthiest Cuisine



DEBBIE GILLIAN

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CONCLUSION

INTRODUCTION

The Mediterranean diet is an eating way that is naturally low in processed foods and added sugar. Mediterranean Diet is based on fresh fruits and vegetables, whole grains, unsaturated fats, and fish instead of meat. It's about keeping things simple and healthy and that's why it's been around for so long. A study conducted at the University of Crete Medical School in Greece found that the Mediterranean diet can reduce the risk of premature death by 40 percent. The study followed the health outcomes of 20,000 participants, aged 55 and older, over a six-year period.

In fact, the Italian Mediterranean diet is one of the very first and most popular diets in the world today, as it has been proven to be a great, healthy diet. Indeed, the Italian Mediterranean diet changes the way people view dieting and adhering to a strict diet plan. Be as it may, there is a lot more to the diet plan than merely following a strict diet plan, and sticking to it will undoubtedly be enough to keep one fit and healthy.

The dietary pattern is connected through reductions of all-cause mortality in observational studies. There is also some indication that the Mediterranean diet decreases the risk of heart failure and early death; that is why the American Medical Association and the (AHA) American Heart Association suggest this diet.

Though there are many opposing views on the Mediterranean diet, some controversy over some sources

says that the Italian Mediterranean diet is actually not that great because there are numerous other diets similar in style to that.

It has been proven to be an excellent way of maintaining health and living a long, healthy life. Still, the Italian Mediterranean diet is an excellent way of living and has been proven to produce great results. It is undoubtedly a great diet plan to follow. The Italian Mediterranean diet can also create long-term effects in keeping one's heart-healthy and body functioning at optimum levels.

BREAKFAST RECIPES

1. Ham Muffins



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Preparation Time: 10 Minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients

- 3 oz ham, chopped
- 4 eggs, beaten
- 2 tablespoons coconut flour
- ½ teaspoon dried oregano
- ¼ teaspoon dried cilantro

Directions

1. Spray the muffin's molds with cooking spray from inside.
2. In the bowl mix up together beaten eggs, coconut flour, dried oregano, cilantro, and ham.
3. When the liquid is homogenous, pour it in the prepared muffin molds.
4. Bake the muffins for 15 minutes at 360F.
5. Chill the cooked meal well and only after this remove from the molds.

Nutrition: 128 Calories 7.2g fat 10g protein

2. Morning Pizza with Sprouts



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6