



Living the Mediterranean Diet: Proven Principles and Modern Recipes for Staying Healthy

Nick Nigro, Bay Ewald

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A FULL-COLOR GUIDE TO THE MEDITERRANEAN DIET FEATURING WEIGHT-LOSS TECHNIQUES, LIFESTYLE CHANGES AND TASTY RECIPES

Living the Mediterranean Diet creates an approachable way to maintain a healthy and active lifestyle and includes a bounty of traditional Mediterranean recipes presented with a California flair. With the fresh and nutritious recipes in this book, you can enjoy creative dishes to stay healthy and fit:

- **Butternut Squash-Pomegranate Hummus**
- **Eggplant and Kalamata Rolls**
- **Heirloom Tomato and Kale Pizza**
- **Barley Risotto with Mushroom, Fig and Arugula**
- **Wild Salmon with Dill-Yogurt Sauce**
- **Tuscan Tomato and Cannellini Soup with Kale**
- **Seared Scallops over Spinach**
- **Whole Roasted Apple-Rosemary Chicken**
- **Farfalle Pasta with Sunflower Seed Pesto**
- **Quinoa Kale Salad with Roasted Squash**

Hearty whole grains; crisp, farmers' market vegetables; luscious, garden-grown fruits; freshly caught fish—the Mediterranean Diet has proven itself as one of the most sustainable programs for improving health and achieving your ideal weight.

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