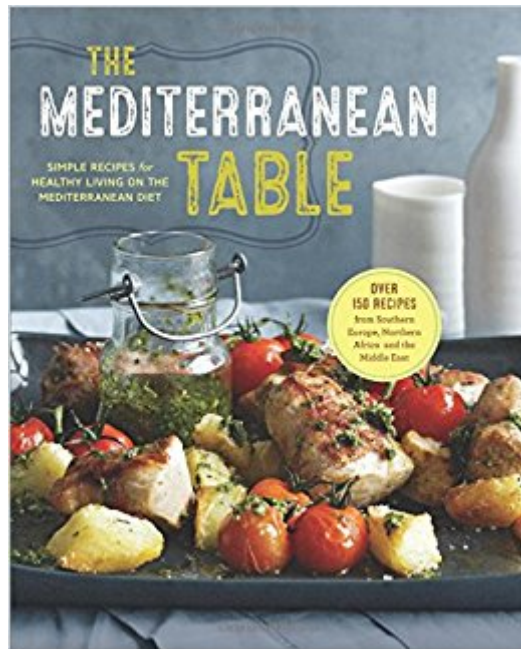


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# The Mediterranean Table: Simple Recipes For Healthy Living On The Mediterranean Diet



## Synopsis

In the age of green smoothie detoxes and elimination diets, it's easy to forget that you can actually enjoy flavorful, satisfying food and live a more healthful life. The cuisine of the Mediterranean is some of the most nourishing and delicious in the world, and *The Mediterranean Table* includes more than 150 recipes that promise to make keeping the Mediterranean diet a natural, simple lifestyle change. While other Mediterranean cookbooks have a strict culinary focus or a strict diet focus, *The Mediterranean Table* marries the two and proves that you don't have to have a Sicilian grandmother to fill your kitchen with the flavors and traditions of this classic way of eating. With cooking tips, easy-to-prepare recipes, detailed nutritional information, an at-a-glance meal plan, and regional spotlights for every recipe, *The Mediterranean Table* will take readers on a culinary journey through Southern Europe, Northern Africa and the Middle East, all while sharing a time-tested tradition of healthy eating.

## Book Information

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## Customer Reviews

I'll fess up. I found and ordered this cookbook because it was featured on dumpaday.com. I love Greek food and I've long wanted to learn more about preparing good Mediterranean food, so I bought it after dismissing the reviews that complain about hardly any pictures. First off, my cooking skills are intermediate. I'm much better than a beginner, but I'm a long way from ever being an expert. I rely on good cookbooks to give me good instructions because my skills and knowledge are still developing. Bottom line up front. I will be making a lot of recipes from this book. Everything so far has been delicious. It's a good cookbook, but it has some flaws. I'm on my 4th recipe, and I've already encountered many issues with the instructions and organisation of the book. First of all... the

index is just plain bad. It's superficial and expects you to know the first letter of any recipe that you want. For example... say you want to make mint pesto chicken.... The pesto recipe is in a different part of the book. After I prepared that pesto... I wasn't 100% sure of the name of the chicken recipe that required it, so I looked up "chicken" in the index. Nothing there that matched my recipe. Was this the wrong book? I didn't think so. I checked the table of contents, and there under poultry was "Mint Pesto Chicken" It's a chicken recipe, but the dang index doesn't list it. Well// it does, but it's under "Mint" not "Chicken." Under Chicken, it doesn't even say that there are other chicken recipes. It doesn't say "see also mint pesto chicken"Bottom line - this index is painfully literal and limited to the exact name of the recipe only. That's one annoying complaint.The big complaint is this: Instructions.

It's no secret that in this country, we're overwhelmingly unhealthy thanks to our diets. The food that's most readily available, easiest to prepare and (usually) the most affordable is some of the most unhealthy food in the history of this planet. Loaded with salt, sugar, refined and processed ingredients, saturated fats and empty carbs, a steady diet of these types of foods will make your life miserable and most likely put you in an early grave. In my house, we eat fresh, prepare every meal from (almost) scratch and don't eat fast food. We have kind of fallen into a rut and this book helped breathe fresh life into our old routines! This book, The Mediterranean Table, will help you replace bad eating habits with better ones, and gently guide you to a healthier, cleaner, more balanced lifestyle. And while the grocery list at first won't be the cheapest, with some careful substituting and shopping weekly sales, the diet plan in here is doable, affordable, and an excellent roadmap to making lasting, permanent and health changes in you lifestyle and diet that will lead to a lifetime of benefits.The recipes in this book are simple, easy to follow, and use ingredients that can be mostly found at most local supermarkets for about what you'd pay for the prepared junk that sits in the deli case. It makes abundant use of simple, unrefined ingredients, olive oil, vegetables and herbs. There's cheeses for the cheese lovers, meats for the meat lovers, breads for the bread lovers...There's really something for everyone. What I would have liked to see is a "substitutions" list on the recipes for harder to find or unusual ingredients.

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