



Mediterranean Diet Lebanese Edition: Exotic Lebanese Recipes for Your Healthy Mediterranean Lifestyle (Mediterranean Cooking and Mediterranean Diet Recipes Book 4)

Andrea Silver

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You're about to explore the exotic recipes from Tripoli to Beirut. There's a reason why Lebanese cooking is quickly becoming one of the most popular ethnic cuisines. It represents some of the best of Middle Eastern cuisine, with the best Mediterranean cooking has to offer.

The Mediterranean diet, which has exploded in recent years, fits perfectly with the Lebanese style of cooking. You'll discover plenty of delicious options for anyone who loves Mediterranean style cooking. From Middle Eastern eggplant dishes to slow-roasted vegetables, tabbouleh, mujaddara, and marinated chicken dishes - there's a reason food from this country is getting so popular.

And best of all, by eating in the Mediterranean diet way, many health benefits are immediately available. From improved cardiovascular health through all of the healthy, omega fatty-acid rich oils, to an elimination of processed foods and less-than-fresh Western ingredients, there's a reason why people from these coastal regions tend to live longer. Well, now's a good time to emulate some of their habits.

By getting started with this book:

- You'll learn fabulous Lebanese recipes that are usually kept secret by your favorite Middle Eastern restaurants.
- You'll learn how to implement the Mediterranean diet for everything from weight loss to improved heart health.
- You'll experience the added energy and stamina that comes with a Mediterranean lifestyle.

So why not dive in and discover Lebanese cooking for yourself? This book is available on your web browser, you do NOT need a Kindle device to read it. Whether on your PC or smart-phone, you can buy it in just one click for the price of a small coffee.

See you soon!

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