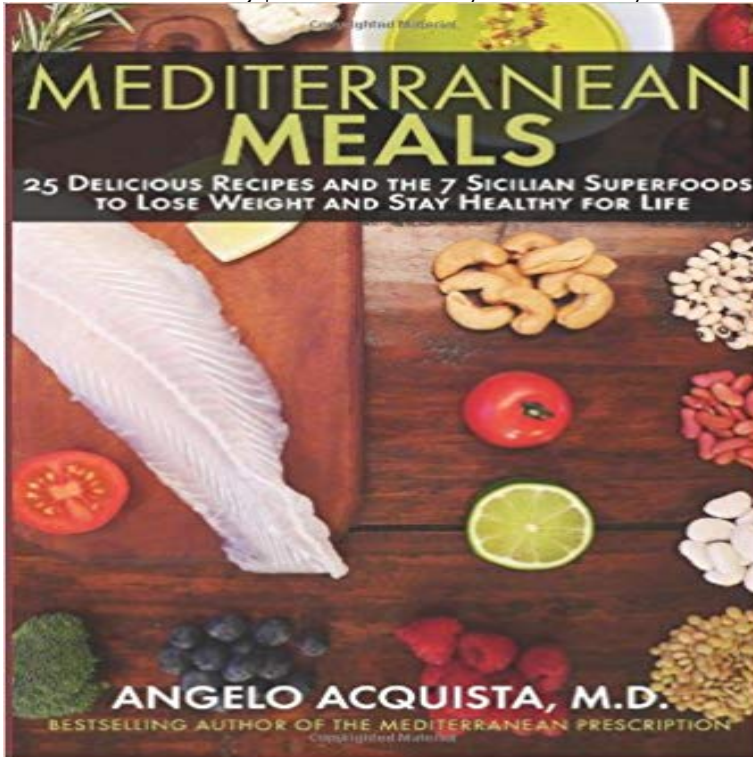


## Mediterranean Meals: 25 Delicious Recipes and the 7 Sicilian Superfoods to Lose Weight and Stay Healthy for Life



COOKING MEDITERRANEAN RECIPES ISNT AS HARD AS YOU THINK. Dr. Angelo Acquista, author of the # 1 bestselling Mediterranean diet book, brings you 25 easy mediterranean recipes based on the 7 Sicilian Superfoods that promote weight loss and good health for life. Even if youve tried a Mediterranean diet cookbook before, these new recipes will spice up your life (and your health). What is the Mediterranean Diet? The Mediterranean Diet is a meal plan based on 7 Sicilian superfoods that Dr. Angelo Acquista (author and native of Sicily) has identified as foods that can improve your health and your life. For years Dr. Acquista has counseled his patients about weight loss and now he shares that knowledge so that everyone can learn to live and eat in abbondanza, -- abundantly -- the Sicilian way. A Mediterranean diet plan is an excellent way to eat better, lose weight, and keep that weight off. Its easy to start and easy to maintain. Food preparation is as simple as grilling, broiling, boiling, and baking all of which make for some delicious dishes. What is the Mediterranean Diet Food Pyramid? Created by Oldways (a non-profit organization that promotes healthy eating), the Harvard School of Public Health, and the European Office of the World Health Organization, the Mediterranean Diet Pyramid is a visual representation of the classic Mediterranean Diet, which promotes lifelong good health. At the base is a physically active lifestyle in which meals are shared with others and there is an appreciation for eating healthy, delicious foods. The second largest portion of the pyramid is formed by the traditional staples of Mediterranean cuisine including fruits, vegetables, beans, nuts, and olive oil, as well as healthful herbs and spices. Seafood is next, with poultry, dairy, meats, and sweets making up the smallest portion of the pyramid. All of these foods create a

healthy and delicious meal palette and endless recipe opportunities. Take your own shot at eating within the Mediterranean Diet Pyramid by using this new recipe book from Dr. Angelo Acquista, *Mediterranean Meals*. It's a compilation of appetizing, easy to prepare recipes in the Sicilian tradition using all of the delicious foods recommended by the Mediterranean food pyramid. There are over 100 recipes in his first book, *The Mediterranean Prescription*, as well. How can you set up a Mediterranean diet plan menu? If you've been following *The Mediterranean Prescription* by Dr. Angelo Acquista, you may already be familiar with the two-week weight-loss stage that includes delicious recipes that are easy to prepare and help you lose up to 10 pounds right away. So how can you extend that meal plan beyond the first two weeks if you'd like a little more guidance every day? First, as recommended in this new e-book *Mediterranean Meals*, stock up on the 7 Sicilian superfoods: olive oil, cruciferous vegetables, berries, nuts, fish, legumes, and tomatoes. Those ingredients will provide a delicious, healthy foundation to any dish. *Mediterranean Meals* will give you 25 new dishes as well, then you can mix and match from there. Switch out one cruciferous vegetable (e.g., broccoli in place of escarole, kale instead of collards) for another, and wind up with a completely new tasting recipe. Or try adding flaked canned tuna to a salad recipe to make it a meal. When you have the right foundation with a Mediterranean style meal plan, the possibilities are endless. From Angelo Acquista, M.D., author of the #1 bestselling Mediterranean diet book, a book of 25 delicious new recipes based on the 7 Sicilian Superfoods that promote weight loss and good health.

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