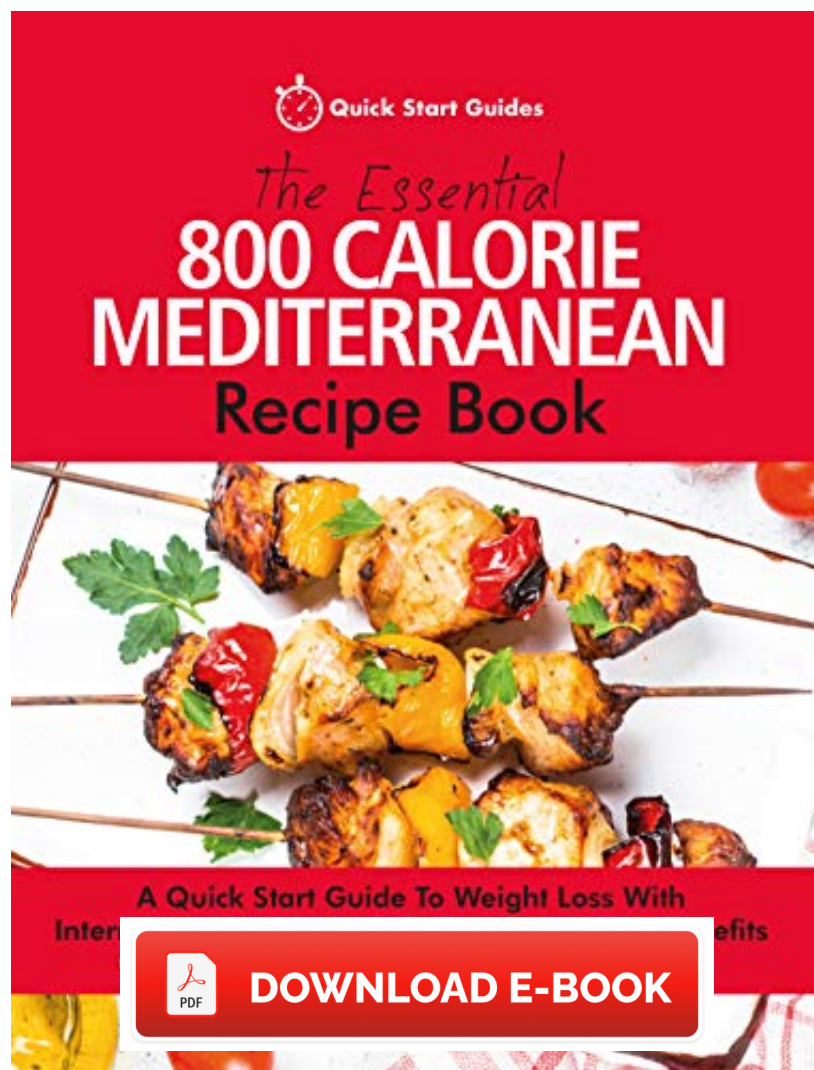


# The Essential 800 Calorie Mediterranean Recipe Book: A Quick Start Guide To Weight Loss With Intermittent Fasting And Mediterranean Diet Benefits. Calorie Counted Low Carb Healthy Recipes

by

Quick Start Guides



## Synopsis

If you are ready to lose weight fast, this Essential 800 Calorie Mediterranean Recipe Book brings together intermittent fasting with the many benefits of the Mediterranean diet. The latest research shows that 800 calories a day is the ideal number to lose weight quickly and safely, plus it's less limiting than lower calorie diet plans. This easy-to-use low calorie, low carbohydrate, Mediterranean style cookbook is an ideal accompaniment for anyone serious about losing weight on the 5:2 diet and intermittent fasting while improving cholesterol, reducing blood pressure and improving longevity. The Mediterranean diet is known to help you live longer and boost health and is recognised as the world's healthiest diet. This easy-to-follow Quick Start Guide takes a comprehensive approach and provides you with plenty of simple, delicious recipes which are ideal for fasting, calorie counting, low carbohydrate diets using Mediterranean style recipes containing delicious fresh ingredients. Lose weight fast while improving your health, for a slimmer, healthier, happier you! - Delicious nutritious calorie-counted Mediterranean style recipes. - Discover how time restricted eating can help you lose weight. - Begin intermittent fasting with a healthy Mediterranean diet. - Improve your cholesterol, blood pressure and improve your wellbeing! - Unleash a slimmer, healthier and happier you! - Plenty of tasty low carb, calorie-counted recipes.

## Sort review

"If you haven't heard about Green Kitchen Stories yet, don't blame us. We've been obsessing over this couple and their Nordic way of life forever...their latest cookbook, Green Kitchen Travels, inspired by – what else? – their family travels. Most notably, their time spent up and down the coast of California and on to the culinary epicenter that is New York City." –The Chalkboard Mag "...a visually stunning book filled with 90 recipes that are accessible to the home cook based on their travels (all except two are gluten-free). Taking inspiration from traditional recipes, with some slight adjustments, they're made healthier for everyday meals...the recipes look absolutely decadent (each and every recipe has an accompanying photo), the photos are just as much a part of this book as are the recipes. They bring you in as if you were with them at the wonderful hole-in-the-wall restaurant somewhere in the Born district of Barcelona or having a conversation on an airplane about a recipe. Green Kitchen Travels is an inspiring book that is equal parts cookbook, travel journal and photo album. I'm thrilled it's part of our home collection and can't wait to put some of these recipes to the test with my own kids." –Traveling Mom.com"...Green Kitchen Travels, the newest book from Green Kitchen Stories bloggers David Frenkel and Luise Vindahl is one of the pretty--and pretty delicious--ones. Frenkel and Vindahl are intrepid travelers and curious eaters, and their new book shares recipes and ideas they gathered from their feast around the world." –Epicurious "Frenkiel and Vindahl are the couple behind dreamboat Scandi food blog Green Kitchen Stories. Who would like it?

New parents and healthy veggies alike, and anyone for whom the first meal is the best one of the day: there are very few dishes here that wouldn't be at home on a brunch buffet...this is light and energizing fare, often unintentionally vegan and all the more inspiring for it. There's a reason Green Kitchen Stories is one of the most avidly read blogs out there – their passion for food is palpable, and an instant invitation to tuck in.” –The Guardian “Required Reading” – Gardenista “Just looking at the cover of Green Kitchen Travels stirred up inspiration on the visceral level for me. There are beautiful photographs of food, yes, but also captures of the worldly places that inspired each dish. This one accomplishes both handily. There's nothing about it that I don't love. Addictive is the only adjective you need to know, but here are some others: crunchy, salty, sweet, tender, and fresh. Lots of things to turn the wheels no matter what level you're at with whole food + vegetarian adventures. You can buy it (and you should seriously).” –The First Mess “The new vegetarian cookbook from blogging power couple, Green Kitchen Travels will convert even the most meat loving of carnivores. Just like their blog (and their first cookbook), this book features beautifully-styled food photography, stunning shots of their travels and a generous helping of Scandi-cool. With a focus on natural, organic ingredients and a large selection of vegan and gluten free recipes, this inspiring book shows you that creating healthy vegetarian food can be both exciting and enjoyable.” –Get the Gloss “There wasn't a picture, a recipe, a story that I didn't fall in love with. Let's just say that I have a huge crush on this book. One of the reasons I connected so strongly to their book has to do with the way David and Louise eat...each creation isn't just flavorful, but, overall, pretty healthy as well. If a recipe isn't vegetarian or vegan, it's gluten-free. Sometimes both.” –AThoughtforFood.net “I've been anticipating their second cookbook, Green Kitchen Travels, with much enthusiasm after admiring their work for many years. The book is filled with vibrant vegetarian and vegan dishes, many of which I was tempted to make right away. What makes it special is that every recipe is inspired by the authors' travels around the world, often based on authentic dishes with a fresh, veggie-based twist. The creative and easy-going GKS style is evident on every page.” – Golubkakitchen.com --This text refers to the hardcover edition.About the AuthorDavid Frenkiel and Luise Vindahl are the faces behind the hugely successful blog Green Kitchen Stories, winner of the Saveur Best Special Diets Blog in 2013. Luise is the happy health freak with a passion for developing wheat-free and sugar-free recipes and David is the photographer and design-eye behind their work. This is their second book. --This text refers to the hardcover edition.

[Download to continue reading...](#)













## **What people say about this book**

marshmom, "Very helpful. Great recipes and ideas."

Steve Webb, "Lovely little book. Great little buy. This offers a nice number of easy and different recipes that are healthy and nutritious. It offers recipes in groups of their calorific value for those on a health drive and none of the recipes, due to the nature of the med diet, are very labourious or contain a lot of ingredients. Simple and efficient book. I'm very happy with the purchase and can recommend."

Vanessa, "Fab 800. Thanks Dr Moseley. A lovely cook book making it easy to choose meals for 5.2 and can share happily with other family members. Love it."

[DMCA](#)