



The Great Mediterranean Diet Cookbook Soups & Salads (Volume 2)

Jessica Petras

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The much awaited follow-up to the International Cooking #1 Amazon Best Seller!

STOP! Don't spend another dime on another diet FAD until you read this!

Tired of the same old boring “good for you” foods that lack flavor? Or Yo-Yo Dieting ? Do you want a diet that makes you feel like you're not dieting at all?

Need something **quick, easy & ultra satisfying** made with fresh ingredients you already have in your fridge at home? Then the **Mediterranean Diet Cookbook Soups & Salads** is just what your looking for.

You already know that the best thing about this diet is that it's **NOT a diet, it's a lifestyle** of sensible eating of flavorful foods that keep you **satisfied ALL DAY LONG**.

This book was created so that you'd be able to have a delicious dinner or lunch ready in 25 mins or less! Period.

Here are some of the amazing & quick recipes you'll find inside:

- Chopped Chicken Salad with Olives Red Pepper and Feta... *made in 10 min or less!*
- Hearty Italian Fish Soup... *made in 20 min or less!*
- Light Tuna and Mixed Greens Antipasto Salad...*made in 10 min or less!*
- Classic Nicoise Salad.....*made in 10 min or less!*
- Quick White Bean & Chorizo Soup... ..*made in 25 min or less!*

PLUS! When you buy the book, you'll get a **FREE GIFT** of 10 EXTRA mouthwatering Mediterranean Snack recipes you can make in **5 mins** or less.

I'll also send you my next book for **FREE!**

You really can't lose with buying this book.

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Phyllis Spencer:

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