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The Mediterranean Prescription: Meal Plans And Recipes To Help You Stay Slim And Healthy For The Rest Of Your Life

THE
MEDITERRANEAN
PRESCRIPTION



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with LAURIE ANNE VANDERMOLEN



Synopsis

Renowned for its dazzling beauty and delectable cuisine, the Mediterranean island of Sicily has historically one of the healthiest diets in the world. Recent studies show that this eating style can reduce the risk of developing Parkinson's disease, Alzheimer's, diabetes, and depression, and that it can even increase fertility rates! Now all the succulent flavors and myriad benefits of Sicilian cooking are yours to savor in the very first weight-loss program that will not only help you effortlessly shed unwanted pounds but will become a prescription for a lifetime of nourishing, palate-pleasing fare. Created by respected physician Dr. Angelo Acquista, who has successfully counseled his patients on weight management for years, *The Mediterranean Prescription* starts with a two-week weight-loss stage that includes simple, delectable recipes to help you lose eight to ten pounds right away. Still convinced that all diets leave you feeling deprived? Imagine eating baked zucchini with eggplant and tomatoes, sweet-and-sour red snapper, chicken cacciatore, pasta fagioli, and baked onions. If you follow these lifestyle-changing suggestions, you will enjoy long-term success: Eat the foods you love and enjoy bread, pasta, and all your favorite Italian dishes while adopting healthier eating habits. A two-week "tough love" stage helps you kick the habit of sugar, junk food, and preservatives. Zero deprivation: The Sicilian way of cooking and combining foods means less snacking in between meals, and less temptation to fill up on desserts. Plus you'll find vital information on how being overweight affects each part of your body, including the skin, brain, heart, liver, joints, back, and breasts. Discover the Sicilian secret to a happy life. Capture a pleasurable way of eating that will bring all the blessings and bounty of the Mediterranean to your table, to your life, and to your health!

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Customer Reviews

I have been on the 2-week prescription for 12 days and have lost 6 lbs. That is even through the Thanksgiving holiday this week. I am impressed by the health benefits. My blood sugar is stable for hours and junk food no longer calls my name! I am motivated to continue because I am having such great results. I had high energy really kick in near the end of the first week and I've only been doing 30 min of moderate exercise every day. The olive oil truly made the difference for me. I used to eat diet salads with no-fat dressing - never again! There is a satisfaction that seems to really carry me through cravings and I attribute it to the regular use of olive oil. I am staying on the 2-week prescription until I lose the remaining 20 lbs. I will definitely give an update. The plan is so simple that I had it memorized on the first day. Thank you, Doctor! This was very easy for me to customize for myself. Update at 4 Weeks: 10 pounds gone, over a 3rd of my goal! I even took some meals off when I finally had hormonal cravings. I decided it would be better to give in a little to cravings than to be a martyr and ultimately binge. So I enjoyed adding modest portions of spaghetti with ground beef, fruit, cheese, butter, wine, nuts, extra bread and my favorite coconut cupcake for a few days. I only gained 1 1/2 and lost it within 2 days plus more after I got back on track this last week. Understanding that I can really make progress when I'm not hormonal while maintaining (which I hope I can get better at with practice) while I am has been a wonderful discovery! I also figure that the time off balances my body because I am on the restricted part of the diet - so I feel good about having a little fruit and nuts for health.

I've had the book for 3 weeks, and every single recipe I've made has been fantastic. I've always hated to cook in the past, because every time I tried to make something, the results just didn't seem worth the time and effort. I actually look forward to cooking now. I feel like I finally learned how to cook food that I actually want to eat! It was also very difficult for me to cook because I'm what is known as a pescetarian. I don't eat red meat or poultry, but I still eat fish and dairy. There aren't a lot of cookbooks out there for pescatarians, but this book is great because the majority of the recipes are for veggies, beans and fish/shellfish. Perfect! There are also some poultry and red meat recipes as well. My husband loves the Balsamic Chicken. The diet is basically a lot of fish, veggies and beans. The only fat is olive oil, no butter or vegetable oils. There's only a minimal amount of bread/pasta, and whole grains are encouraged. No sweets, but lots of fresh fruit. It seems like a very heart-healthy diet. It's also a great diet for anyone with IBS, I notice my symptoms have

diminished greatly since being on it. As far as the recipes, the tuna salad using olive oil and vinegar instead of mayo is a revelation, and I don't think I could ever go back to the mayo version again. I made the Shrimp Oreganata, along with the Baked Eggplant and Zucchini for my mom when she was visiting. She's always been an excellent cook, and she said it was the best meal she'd had in a really long time, and raved about it the whole week she was here. I made a lot of meals from the book while she was here, and she liked everything so much, I bought her a copy. I haven't lost any weight yet, but I haven't strictly adhered to the diet, either.

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