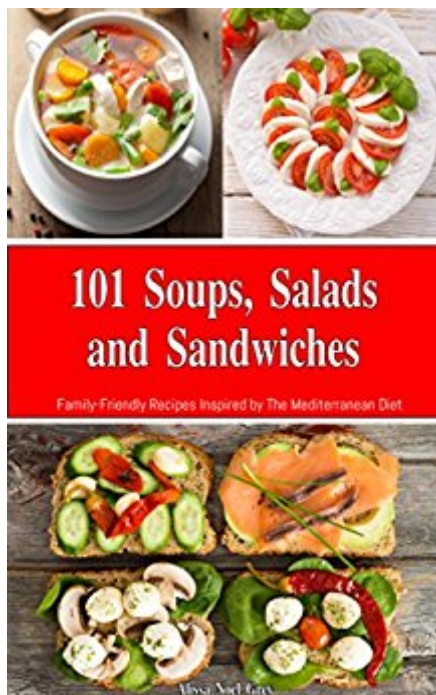


The book was found

# 101 Soups, Salads And Sandwiches: Family-Friendly Recipes Inspired By The Mediterranean Diet (Free Gift): Superfood Cookbook For Busy People On A Budget (Mediterranean Cookbook For Beginners)



## Synopsis

Delicious Mediterranean Diet Recipes the Whole Family Will Love! From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, ã comes a great new collection of mouthwatering family meals that will make you healthier, happier and more energetic than ever. This time she offers us 101 comforting and enjoyable soups, salads and sandwiches inspired by the Mediterranean diet and full of your favorite vegetables, lean meats and legumes that are simple and easy to cook whether you're looking for breakfast recipes, side dishes or hearty mains. 101 Soups, Salads and Sandwiches: Family-Friendly Recipes Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy family recipes that will please everyone at the table and become all time favorites. If you're looking for delicious everyday recipes that are not too complicated and are budget-friendly - this cookbook is for you. ã \*\*\*FREE BONUS GIFT At The End Of The Book - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!\*\*\*

## Book Information

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## Customer Reviews

Muchas gracias

Easy & tasty recipes

Soups, salads and sandwiches . . . oh my. So many great recipes. Yummies for the tummy! ! ! !

MMMM MMMM good....

Well, it's not very Mediterranean. And if you dislike avocado, like I do, the book is almost pointless. A large portion of these recipes call for avocado, which is from Mexico/South America/Caribbean... not found in any traditional Mediterranean recipes, and not found in any traditional Mediterranean restaurants. There are also recipes calling for quinoa (South American) and turkey (Americas). This is really a fusion cuisine book based on the nutritional composition of the traditional Mediterranean diet. The title does include "inspired by the Mediterranean diet", so I guess I shouldn't be disappointed that it's so un-Mediterranean. Also, for a 'diet' book, there's no nutritional information included, which is odd. There are a couple decent-looking recipes (that don't call for avocado), but in all, it's not worth the price when I can find much better recipes online by cooks who aren't obsessed with avocado.

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