

GREEK DIETS



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In order for a diet to be successful, says Mossavar-Rahmani, it has to be relatively easy to adopt and follow meaning you should enjoy what you're eating, and chances are your family should, too.

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The Greek Diet combines the health benefits of a Greek way of eating with satisfying recipes created by a world-renowned chef. This book will appeal to dieters who value the enjoyment of good food and like spending time in the kitchen.

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The Greek diet is based around fruits and vegetables, wholegrains, fish, beans and legumes, and a small amount of dairy a pretty healthy, balanced diet.

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Greek diet is known for a variety of dishes, so you will not feel any deficiencies of the vitamins. This is a very effective diet, but the results will not be instantaneous. In this case, the weight can quickly return.

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