

Now an Original Series  
**freevee**

— AMERICA'S —  
**TEST KITCHEN**

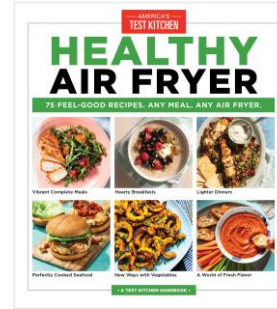
THE COMPLETE  
**MEDITERRANEAN**  
COOKBOOK

**500 VIBRANT, KITCHEN-TESTED RECIPES FOR LIVING AND EATING WELL EVERY DAY**

9781940352640



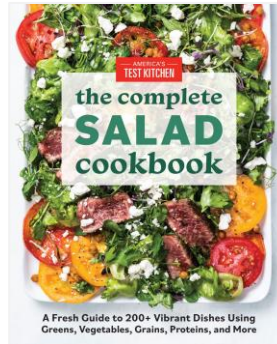
9781945256752



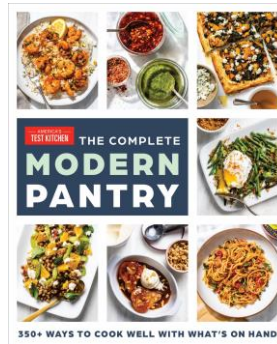
9781948703901



9781948703888



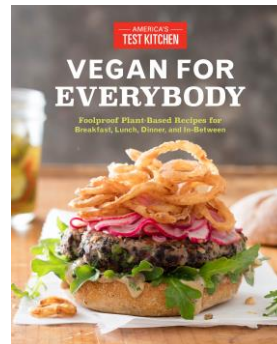
9781948703567



9781954210165



9781948703369



9781940352862



9781954210189



9781936493968

*“The Mediterranean diet is touted as one of the healthiest options available. It promotes weight loss, healthy eating, brain health, lowers blood pressure, can treat hypertension, slow neurodegenerative delay, and fight against chronic conditions such as diabetes and cardiovascular disease.*

*The Mediterranean diet has been around for centuries, promoting life longevity and better overall health. It has also been voted best overall diet by U.S News for 4 years in a row.”*

*-- Annie Guinane, RDN --  
modifyhealth*