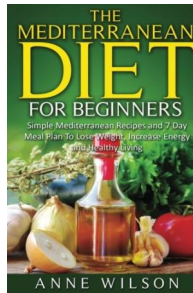


## The Mediterranean Diet for Beginners: Simple Mediterranean Recipes and 7 Day Meal Plan to Lose Weight, Increase Energy and Healthy Living



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### Book Review

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