



## Weight Watchers: Lose Weight Fast with the 7-Day Mediterranean Meal Planner: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start Recipes) (Paperback)

By Pamela Phillips

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book.

Weight Watchers Lose Weight Fast with the 7-Day Mediterranean Meal Planner with Recipes Included! If you are looking to lose weight but you don't want to go on those unhealthy quick fix diets then you should seriously take a look at the Mediterranean diet plan. It is a diet that is not a short-term fix but it is one based on the long-term fix. If you want to lose weight in a healthy safe fashion the Mediterranean diet can help you to reach your weight loss goal. With the Mediterranean diet instead of having three big meals a day it has you eat five smaller meals throughout the day. It consists of simple healthy recipes that are influenced by cuisine of countries that surround the Mediterranean sea. Many research studies on the Mediterranean diet have established that it helps fight diseases such as type 2 diabetes, stroke, and heart disease, obesity, and hypertension. It is also known to increase your lifespan and improve your overall well-being. If these aren't reasons enough to give the Mediterranean diet a try I don...

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