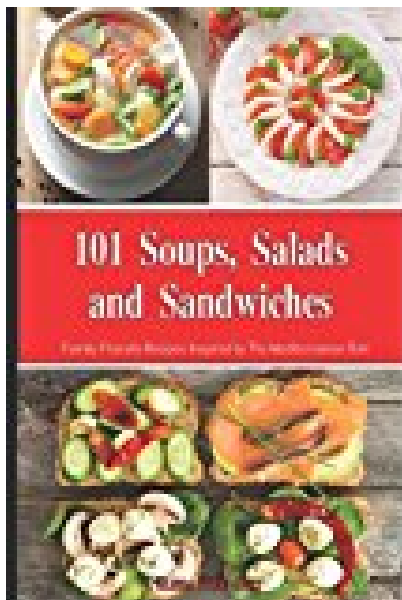


# 101 Soups Salads and Sandwiches Family-Friendly Recipes Inspired by The Mediterranean Diet Superfood Cookbook for Busy People on a Budget Mediterranean Diet for Beginners

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## BOOK DETAILS

- Author : Alissa Noel Grey
- Pages : 155 Pages
- Publisher : Independently published
- Language : English
- ISBN : 1520398700

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## BOOK SYNOPSIS

101 No-Stress, No-Mess Family Meals - Delicious Soups, Salads and Sandwiches Inspired by the Mediterranean Diet From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family meals that will make you healthier, happier and more energetic than ever. This time she offers us 101 comforting and enjoyable low cholesterol soups, salads and sandwiches inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you're looking for lunch 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. \*\*\*FREE BONUS GIFT At The End Of The Book - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!\*\*\*

### **101 SOUPS SALADS AND SANDWICHES FAMILY-FRIENDLY RECIPES INSPIRED BY THE MEDITERRANEAN DIET SUPERFOOD COOKBOOK FOR BUSY PEOPLE ON A BUDGET MEDITERRANEAN DIET FOR BEGINNERS -**

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