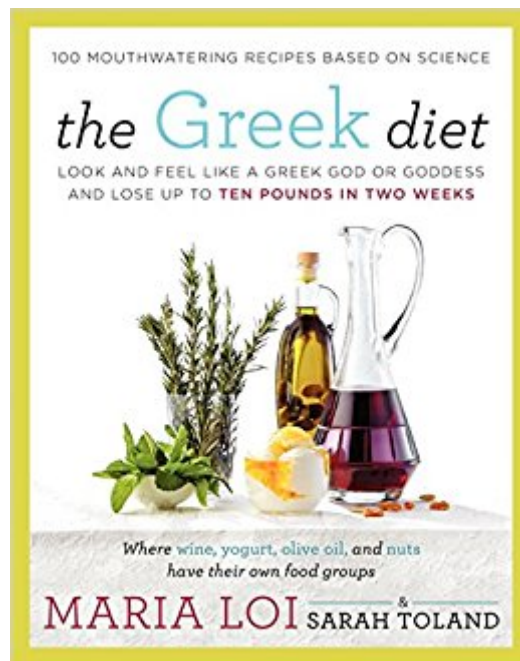




The book was found

The Greek Diet: Look And Feel Like A Greek God Or Goddess And Lose Up To Ten Pounds In Two Weeks



Synopsis

Science and sensuality meet in *The Greek Diet*, your guide to losing weight while looking and eating like a deity, from the “Martha Stewart of Greece,” world-famous chef Maria Loi, and health journalist and former Olympic athlete Sarah Toland. Grounded in the Mediterranean lifestyle and developed by world-renowned Greek chef Maria Loi, *The Greek Diet* combines classic Mediterranean ingredients like olive oil, yogurt, and honey in delicious, healthy recipes that satisfy the soul and the palate. New research shows that the Mediterranean diet is the healthiest food plan in the world, and is especially noted for its positive effects on heart health. With *The Greek Diet*, you eat to enjoy yourself, just like the ancient Greek gods. There is no starving, no long, grueling hours at the gym, and no restrictive plans eliminating carbs, dairy, caffeine, or alcohol. Structured around the 12 food pillars of the traditional Greek diet, *The Greek Diet* includes 100 healthy, authentic, sensual Greek recipes that use delicious unprocessed ingredients, as well as tips for incorporating easy exercises and improved sleep—both metabolism boosters—into your Greek lifestyle. Sprinkled throughout the book are charming and insightful anecdotes from the authors that add flavor and fun. There are also several different meal plans to personalize your journey and help you lose the weight you need while enjoying the foods you love, including a kick-start plan to shed pounds quickly and safely and jumpstart your journey to a slimmer, healthier, happier you.

Book Information

Hardcover: 304 pages

Publisher: William Morrow; 1 edition (October 7, 2014)

Language: English

ISBN-10: 0062334433

ISBN-13: 978-0062334435

Product Dimensions: 7.4 x 1 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 66 customer reviews

Best Sellers Rank: #240,802 in Books (See Top 100 in Books) #37 in [Books > Cookbooks, Food & Wine > Regional & International > European > Greek](#) #1427 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #2340 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Lose Weight and Feel Great by Indulging in the World’s Healthiest and Most Delicious

Diet! Ancient Greeks enjoyed wine and rich ingredients like olive oil and honey, and their bodies were immortalized in sculpture as a standard of beauty and sensuality. Today new studies prove that the Mediterranean diet is the healthiest food plan in the world. Research shows that it is noted for reducing the risk of diabetes, improving heart health, and sharpening the mind with foods rich in omega-3s. Now, in *The Greek Diet*, world-renowned chef Maria Loi—who grew up in a small Greek village where she learned to cook from family recipes—has teamed up with veteran health journalist Sarah Toland to bring the weight-loss and health benefits of the traditional Greek diet straight to your table. *The Greek Diet* offers: Easy-to-follow meal plans that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health. 100 authentic, mouthwatering Greek recipes using whole foods and unprocessed ingredients, including what the *New York Times* called one of the best Greek yogurts. Plans that can be modified to fit any lifestyle, including gluten-free and dairy-free alternatives. The twelve Pillar Foods of a Greek diet, including olive oil, Greek yogurt, wine, coffee, and tea. . . and more! More than just a weight-loss plan, *The Greek Diet* is a path back to health and a way of eating that is not only sustainable but also completely satisfying and enjoyable.

Maria Loi, international ambassador of Greek gastronomy, restaurateur, and public personality, is widely regarded as “the Martha Stewart of Greece.” The author of multiple cookbooks, including the official cookbook for the Athens 2004 Olympic Games, Maria is known to be the authority on Greek cuisine. Maria has cooked at the White House for President Barack Obama, Vice President Joe Biden, and 250 guests. She opened Loi Estiatorio in the heart of Manhattan to rave reviews. Maria also takes pride in philanthropic work; she is a founder of Elpida, a foundation to support children with cancer. Sarah Toland is a longtime health and nutrition journalist and former professional track-and-field athlete. She is currently the food and nutrition director of *Prevention* magazine and has appeared regularly as a weight-loss expert for Fox News Channel. Sarah also served as the senior health editor of *Men’s* *Journal* and *Alternative Medicine*, the editor in chief of *Inside Triathlon*, and has written on health and fitness for the *New York Times* and *Sports Illustrated*, among other national publications.

Well thought out book with recipes and advice that are easy to follow. I saw a preview of the book and started following the principles. It has really had an impact on my weight loss and feeling of well-being. Also, the suggested approach is sustainable, unlike most diets I’ve seen!

Still working through this book. Absolutely no photos or drawings, so dense with text.

Has recipes for things I have eaten before and things that are new to me. It has a lot of recipes.

Easy to read and follow diet with menu plans for a month of mouth-watering meals. A great diet plan for good health

This book has transformed how I eat. It is informative, entertaining and scrumptious!

Highly recommended!

Wish there more recipes and photos of how the food should look. They should have condensed the information too repetitive.

nice book but I was expecting color pictures of the dishes

[Download to continue reading...](#)

The Greek Diet: Look and Feel like a Greek God or Goddess and Lose up to Ten Pounds in Two Weeks Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Paleo Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life: Lose Up To 30 Pounds In 4 Weeks(Including The Very BEST Fat Loss Recipes - FAT BOOTCAMP) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) The 2 Week Diet - The Fastest Way to Lose Weight: Weight Loss - Lose Up 8 to 16 Pounds in 2 Weeks Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great

(Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Paleo Diet Cookbook: The Ultimate Paleo Masterclass Cookbook To Impeccable Health (Rapid Weight Loss, Strongest Energy, Lose Up To 30 Pounds in 4 weeks, Build Muscle, Paleo, Paleo Diet) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) The Two Week Transformation Detox Diet Book: Lose a Pants Size in Two Weeks! Detox Diet Plan for Quick Weight Loss and Health Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) The Fastest Way to Lose Weight: Beginner's Guide to HIIT & Rapid Weight Loss - Lose Up to 25 Pounds in 3 Weeks! The 3-Hour Diet for Teens: Lose Weight and Feel Great in Two Weeks! Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)