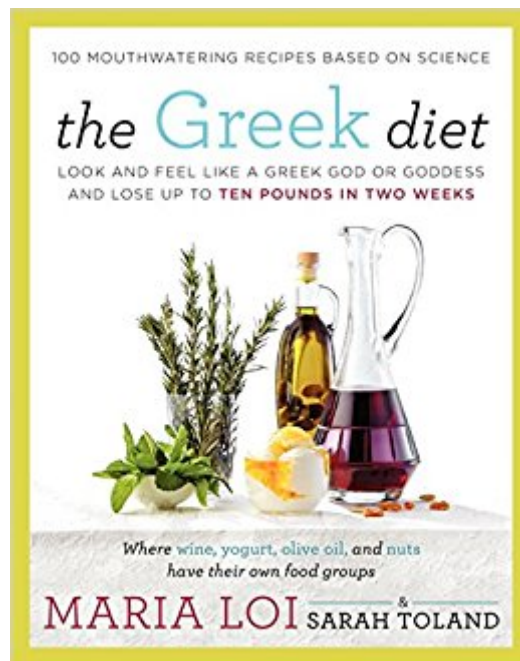




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# The Greek Diet: Look And Feel Like A Greek God Or Goddess And Lose Up To Ten Pounds In Two Weeks



## 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

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## 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

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