



# **Incredibly Delicious Cookbook Bundle: Healthy Chicken, Beef and Salad Recipes from the Mediterranean Region (Healthy Cookbook Series 18)**

*Vesela Tabakova*

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# **Incredibly Delicious Cookbook Bundle: Healthy Chicken, Beef and Salad Recipes from the Mediterranean Region (Healthy Cookbook Series 18)**

*Vesela Tabakova*

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Mediterranean chicken recipes are clean, processing-free and delicious. They are generally easy to prepare and are loved from all the family. Roasted, broiled, grilled or poached, and combined with a wide range of herbs, spices and vegetables, chicken makes a delicious, flavorful and nutritious meal. And the best part is - these tasty chicken meals are inexpensive and affordable even if you are a tight budget!

If you need a simple and delicious low fat meal for dinner tonight - try these aromatic chicken recipes. They will impress your family, guests, and best of all, they are healthy, easy and usually all done in one dish.

### **Book 2: Mediterranean Beef Recipes for Better Health and Easy Weight Loss!**

Mediterranean beef recipes are among the healthiest in the world and at the same time really delicious. Beef is a great source of protein, zinc, iron, and B vitamins. Moderate beef consumption is good for your health as long as you choose leaner cuts and prepare it with lots of vegetables, legumes, low fat cheese, nuts, herbs and spice.

Incredibly Delicious Beef Recipes from the Mediterranean Region contains easy beef meals that can help you change your eating habits, improve your health or simply reduce grocery costs.

### **Book 3: Incredibly Delicious Salad Recipes from the Mediterranean Region**

Making one simple change to your diet like eating a salad every day can pay off with plenty of health benefits and will almost certainly prevent you from overeating. It is also the easiest way to add more fiber,

antioxidants and good fats to your diet. Salads can be found in every traditional cuisine in the Mediterranean region and can be prepared at home in 5 -10 minutes, either with a bag of premixed salad greens or with just a few tomatoes, cucumbers, peppers or avocados. Add some superfood herbs, beans, grains or a cup of lean meat and you have everything for a healthy yet satisfying meal.

From the author of several bestselling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family recipes. This time she offers us 70+ comforting and enjoyable salads full of your favorite vegetables, meats and legumes, that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.

**Incredibly Delicious Salad Recipes from the Mediterranean Region** is an invaluable and delicious collection of healthy salad recipes that will please everyone at the table and become all time favorites. If you're looking for easy delicious everyday recipes to help satisfy your family and your budget, this cookbook is for you.

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