

# MEDITERRANEAN DIET IN A DAY FOR DUMMIES

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April 13, Save my name, email, and website in this browser for the next time I comment. FeaturedRecipe:PeachCapreseSkewers. You'll discover how to tie all the Mediterranean diet and lifestyle concepts together and see what a Mediterranean Food Guide Pyramid looks like. The American Heart Association note that the average Mediterranean diet contains a high percentage of calories from fat. October12,Summer fruit granita recipe was excellent.