

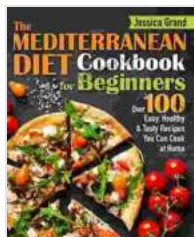
Over 100 Easy, Healthy, and Tasty Recipes You Can Cook at Home

```
<meta name="description" content="Kickstart your healthy eating jour
```

Alt attributes for images:

- **Image 1:** A steaming bowl of oatmeal with berries and nuts
- **Image 2:** A glass of green smoothie made with spinach, banana, and berries
- **Image 3:** A plate of scrambled eggs with vegetables
- **Image 4:** A grilled chicken salad with mixed greens, tomatoes, and avocado
- **Image 5:** A tuna sandwich on whole-wheat bread with lettuce and tomato
- **Image 6:** A bowl of lentil soup with carrots, celery, and onion
- **Image 7:** A roasted chicken breast with roasted vegetables
- **Image 8:** A plate of whole-wheat pasta with marinara sauce and grilled vegetables
- **Image 9:** A bowl of chicken curry with jasmine rice
- **Image 10:** A fruit salad with berries, melon, and kiwi
- **Image 11:** A plate of oatmeal cookies with raisins and chocolate chips

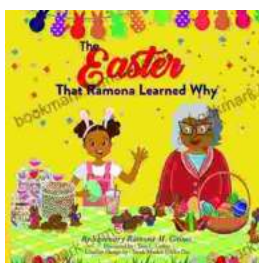
- **Image 12:** A slice of carrot cake with cream cheese frosting



The Mediterranean Diet Cookbook For Beginners: Over 100 Easy, Healthy and Tasty Recipes You Can Cook at Home by Kathryn Harkup

★★★★★ 5 out of 5

Language : English
File size : 4064 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 228 pages
Lending : Enabled



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