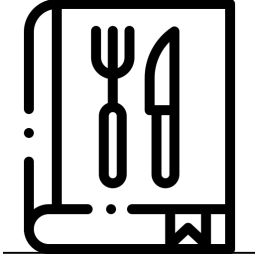
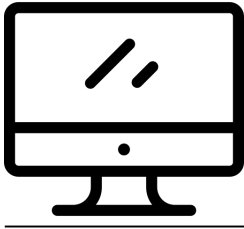


Mediterranean Diet Resources



- **The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health** by Nancy Harmon Jenkins
- **The Complete Mediterranean Cookbook: 500 Vibrant, Kitchen-Tested Recipes for Living and Eating Well Every Day** by The Editors at America's Test Kitchen
- **Quick and Easy Mediterranean Diet Cookbook: 76 Mediterranean Diet Recipes Made in Minutes** Rockridge Press
- **Mediterranean Diet Cookbook: A Mediterranean Cookbook with 150 Healthy Mediterranean Diet Recipes** Rockridge Press
- **The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet** Sonoma Press
- **Mediterranean Diet Cookbook for Dummies** by Meri Raffetto and Wendy Jo Peterson
- **The Mediterranean Vegan Kitchen** By Donna Klein



- <https://health.gov/dietaryguidelines/2015/guidelines/appendix-4>
- <https://oldwayspt.org/recipes>
- <https://www.olivetomato.com>
- <https://www.forksoverknives.com>



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