



## Mediterranean Women Stay Slim, Too: Eating to be Sexy, Fit, and Fabulous (Hardback)

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By Melissa Kelly

HarperCollins Publishers Inc, United States, 2006. Hardback. Book Condition: New. 211 x 147 mm. Language: English . Brand New Book. For centuries, Mediterranean women--from classic beauty Helen of Troy to our own reel -time goddess Sophia Loren--have known the secret of healthy eating, living, and being. Mediterranean women have long embraced a natural vitality, sensual earthiness, grace, and warmth that allows them to be authentically themselves, to live long, spiritually rewarding--and thin!--lives, freed from empty calories, empty diet promises, impossible standards, and a say no to food mentality. Thanks to the influence of cooking lessons in her Italian grandmother s kitchen, Melissa Kelly, co-owner and executive chef of Primo Restaurant, revels in sharing how every woman can extract the essence of the Mediterranean spirit and make it uniquely her own. From the cuisines of the Mediterranean and the Middle East, women learn how to maintain a healthy weight even as they discover and delight in the Mediterranean approach to food: the joy of the colors, textures, aromas, and flavors. In addition, science now confirms that eating the Mediterranean way, getting most of the fat in your diet from olive oil instead of from meat and other sources of animal fats, is...



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