



# **The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health**

*Julieanna Haver*

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## **The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health** Julieanna Hever

The Mediterranean diet has been the gold standard dietary pattern for decades, and with good reason: it has been linked with lowered risks of cardiovascular disease, cancer, diabetes, and Alzheimer's. Now, Julieanna Hever takes the Med to a whole new level! By focusing on whole-plant foods that promote long-term wellness and ideal weight management, you can reap the benefits of the most researched and beloved diet—made even healthier. *The Vegiterranean Diet* offers:

comprehensive nutrition info

shopping lists with everyday ingredients

more than 40 delicious, budget-friendly recipes

flexible meal plans (great for families, too!)

strategies for overall health

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