

# The Mediterranean Diet To Lose 2 Pounds A Week (14 Day Meal Plan & 70 Recipes CookBook Included) By Enrico Forte

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The Mediterranean diet plan is highly sensible, emphasizing fruits and vegetables, olive oil, fish and other healthy fare.

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Valerie Forte is the author of The Mediterranean Diet to Lose 2 Pounds a Week 8 ratings, 0 reviews, published 2013), 7-Day Sugar Detox

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