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The Mediterranean Diet for Beginners: The Complete Guide-40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success The Mediterranean Diet for Beginners offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through Mediterranean Diet 101: A Meal Plan and Beginner's Guide

The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy.

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the mediterranean diet About the Author Marissa Cloutier, MS, RD, is a registered dietitian with a master of science degree in human nutrition and metabolism from Boston University.