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These delicious Mediterranean diet recipes will give you lots of ideas. Tip: If you're watching your weight, swap the mayo for creamy low-fat Greek yogurt. Love tuna salad, but want to avoid fatty, mayo-filled recipes? This pretty snack or appetizer contains only 3 grams of carbs and about 150 calories.

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More than 150 tasty recipes; Expert tips on meal planning, exercise regimens, and healthy lifestyle Chapter 3: Losing Weight with the Mediterranean Diet 33.

Cookbooks list: the best selling "mediterranean" cookbooks

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