



# The Mediterranean Diet Weight Loss Solution: The 28-Day Kickstart Plan for Lasting Weight Loss

*Julene Stassou MS RD , Mark Sapienza MD (Foreword)*

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## **From Reader Review The Mediterranean Diet Weight Loss Solution: The 28-Day Kickstart Plan for Lasting Weight Loss for online ebook**

### **Autumn says**

As an RD myself, I wanted to buy a book by an RD and it was definitely the right choice. She not only does an excellent job of explaining the science behind the Mediterranean diet, weight loss and exercise in a simple, understandable way, but provides insights and tips for each. In addition to providing recipes, there are four weeks planned out with shopping lists, daily menus, and logs for exercise and water. I definitely recommend this book for those wanting to try this diet, want to lose weight or even just eat healthier.

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