



# **Incredibly Delicious Beef Recipes from the Mediterranean Region (Healthy Cookbook Series 7)**

*Vesela Tabakova*

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*Vesela Tabakova*

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## Delicious Low Carb Beef Recipes for Dinner Tonight!

Mediterranean beef recipes are among the healthiest in the world and at the same time really delicious. Beef is a great source of protein, zinc, iron, and B vitamins. Moderate beef consumption is good for your health as long as you choose leaner cuts and prepare it with lots of vegetables, legumes, low fat cheese, nuts, herbs and spice.

**Incredibly Delicious Beef Recipes from the Mediterranean Region** contains easy beef meals that can help you change your eating habits, improve your health or simply reduce grocery costs.

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