



BEYOND THE MEDITERRANEAN DIET

EUROPEAN SECRETS OF THE SUPER-HEALTHY

LAYNE LIEBERMAN, MS, RD, CDN

Internationally Recognized Nutrition Expert



Featuring 50 Mouthwatering and Nutritious Recipes

Foreword by Judith A. Gilbride, PhD, RD, FADA, Professor of Nutrition,
New York University, Past President of the Academy of Nutrition and Dietetics