

If you're looking for fun, flavoursome and fat reducing foods, then welcome to Ayana Stamford's "Mediterranean Diet –Super Slim Down Dishes". She'll show you how to like what you cook and drop a few dress sizes along the way. This little book will bring to life all the wonderful mouth-watering meals you always wanted to eat... but were afraid to cook. This humorous eating guide will let you in on what to eat and how to prepare it- without a hint of superiority, (yeah right)! Really, by the time you've flicked through the succulent dinners and licked your lips over the delicious deserts, you might even feel yourself spontaneously slimming down! Scrumptious simple recipes to leave you feeling fit and healthy with a smile on your face. No more bingeing on bird seed when you're trying to drop a few pounds. Throw out the questionable shakes and bring on the butter! Ayana Stamford's flavoursome foods and quick wit will leave you in no doubt that the simplest things are usually the best!

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