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*figs melons peaches etc nuts and"***mediterranean diet a plete guide 50 quick and easy**

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June 1st, 2020 - the idea is to mimic the healthy way of eating traditionally modeled by people in mediterranean countries both the mediterranean diet pyramid which was developed by oldways and myplate from the usda provide a general blueprint for what to eat at every meal when in doubt follow this simple rule of fractions make

half your plate fruits and vegetables one quarter of your plate whole'

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