5 Mediterranean Diet Books That Are the Best

The Mediterranean diet has become extremely popular over the years. Packed full of nutritious, delicious foods, it’s one of the few diets which don’t leave you feeling deprived.

If you’re looking to try it but you need a little inspiration, here you’ll discover 5 Mediterranean diet books that are the best to get you started.

1. Mediterranean Diet for Beginners: The Complete Guide

Written by Rockridge Press, this fantastic book contains 40 different recipes. You’ll find everything from Mediterranean style omelets to delicious, fresh and flavorful tomato pasta dishes. There’s also a 7-day meal plan included to give you a good idea of how the Mediterranean diet works.

An additional benefit of this book is the 10 Tips for Success. This gives you excellent tips to ensure your transition to this type of diet is as simple as possible.

2. La Cocina de Mama, Penelope Casas

Since releasing this book, author Penelope Casas has sadly passed away, though her legacy lives on in La Cocina de Mama. Featuring an outstanding 175 different recipes, what’s great about this cookbook is its recipes have been passed down through the generations. It’s Spanish style cooking at its best and the focus is placed upon simple, quick recipes that anyone can make.

3. The Complete Mediterranean Cookbook, America’s Test Kitchen

You’ll struggle to find a Mediterranean diet cookbook which features more recipes than this one. Packed full of a staggering 500 recipes, you’re guaranteed to find plenty of dishes you’ll love.

So, what else sets this book apart besides it’s huge collection of recipes? Well, it’s brought to you by the editor’ of America’s Test Kitchen. This means that every single recipe has been tried, tested and developed to perfection. There’s also more to the book than just recipes. Throughout its pages, you’ll discover great tips, along with information on why certain ingredients are chosen.

So, if you’re looking for a huge range of recipes and useful tips and advice on the Mediterranean diet, this is definitely one of the best books you can purchase.

4. Mediterranean Diet Cookbook, Jennifer Evans

If you’re looking for more than just a simple cookbook, the Mediterranean Diet Cookbook from Jennifer Evans is just what you need. It provides a lot of information on what this type of diet involves.

So, if all you know is that the Mediterranean diet features olive oil, fish and seafood, you’ll find this book useful at expanding your knowledge. The recipes also give you nutrition information, such as how much fiber is contained.

5. The Best Ever Mediterranean Cookbook, Jacqueline Clark and Joanna Farrow

This unique book comes with 150 different recipes. One of the best things about this book is the fact the ingredients featured are all really easy to get hold of. Many Mediterranean style cookbooks require ingredients you’ve never even heard of and can be quite difficult to find.

The recipes are also really easy to follow and the pictures included are great.

Overall there’s a lot of Mediterranean diet cookbooks out there, but the ones featured above are considered to be 5 Mediterranean diet books that are the best.