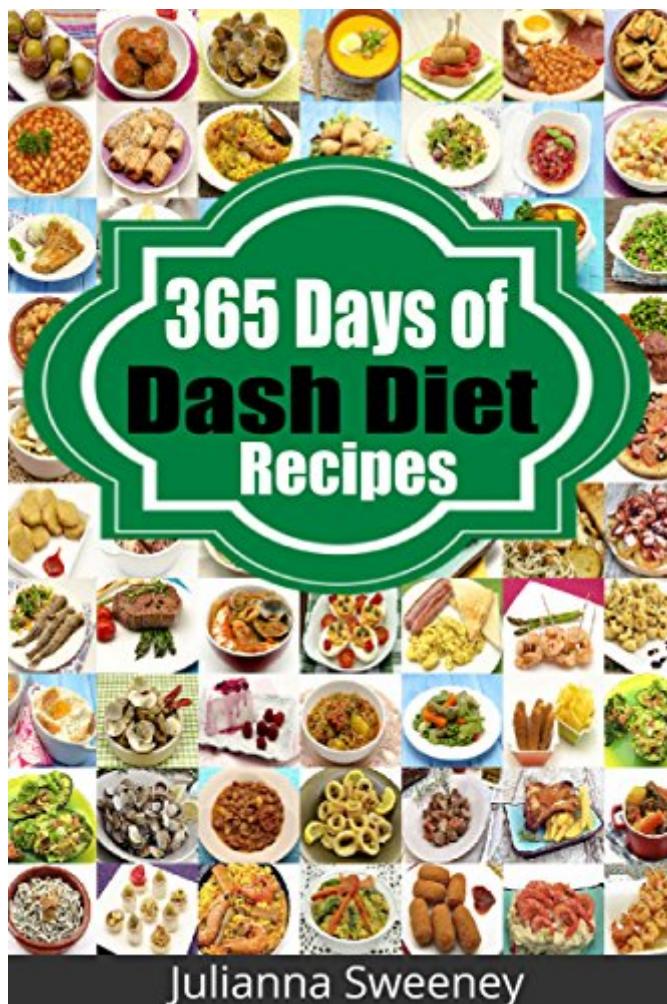


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Dash Diet: 365 Days Of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure And Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook)





Synopsis

DISCOVER 365 DAYS OF DELICIOUS DASH DIET RECIPES TODAY! 2nd Edition with New and Updated Recipes as of May 3, 2015. *** As a Special Thank-you for Your Download Today, Youâ™ll Receive a FREE BONUS At The End of Your Book***If you want to prepare amazingly delicious meals and stick with your Dash Diet then this recipe book is for you.... The Dash Diet has proven to be one of the healthiest, most effective diets out there that works not only to lower the body's blood pressure but to ensure weight loss, as well. When taking the first steps on a new diet program, however, it can be overwhelming to try and come up with meal ideas and recipes that will keep you in shape and in line with the diet. However, this does not have to be as daunting an experience as you think, which is why this book featuring 365 Dash Diet recipes is perfect for you. You now have a comprehensive list of delicious, healthy, Dash Diet-friendly meals you can prepare every day for an entire year! This book will allow you to discover all of the benefits of Dash Diet cooking and will even help you to discover some new meals that will quickly become your favorites. INSIDE THIS RECIPE BOOK you'll discover 365 Dash Diet recipes that are tasty, healthy, and will aid you on your journey toward weight loss. You can go through the book one at a time, picking one recipe to prepare each night, or you can skip to some of the classics and compare them to what you already know. The possibilities are endless, yet no matter what you choose, you will still be faithful to the Dash Diet regimen, which is something that you can feel good about!To Get Started, Scroll Up And Grab Your Copy! -Download Now-- HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOKâ¢ Pumpkin Pie Smoothie Delightâ¢Veggie Tortellini Saladâ¢ Peppered Sirloin Steakâ¢ Pork Tenderloin Crock Pot Sauerkrautâ¢ Eggplant and Pasta Ratatouilleâ¢ Cinnamon & Almond Rice Puddingâ¢MUCH MUCH MORE!Check out the amazing recipes below!â¢Introductionâ¢What is the Dash Dietâ¢Why DASH Diet / Benefits of DASH Dietâ¢DASH Diet Food Listâ¢Tips for the Dash Dietâ¢Dash Diet Recipesâ¢Dash Diet Breakfast Recipesâ¢Dash Diet Appetizers and Snacksâ¢Dash Lunch Recipesâ¢Dash Diet Dinner Recipesâ¢Dash Diet Slow cooker Recipesâ¢Dash Diet Dessertsâ¢Dash Diet Drinksâ¢Free Bonus Giftâ¢Much Much More! Live well and live longer with Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medicatio Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

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Customer Reviews

I just purchased the book, but looking through I see a lot of sugar, maple syrup, bacon, deli meats, eggs, non whole grain breads, packaged cinnamon rolls. Does this fit in the DASH guidelines? I'm just learning about it but seems like a lot sodium, fats and empty calories.

juliaana did a good job, but for me it was a very long book. It is a cookbook where you will find 365 recipes. The book could have been more interesting if the author gave more information about the Dash diet. You can google it to find the exact meaning on the dash diet, but how can we apply the rules in our day to day life. It will be impossible to follow the exact weight loss plan offered by the author. On an international platform, people from all regions read your books. Your recipes should be easy to follow by anyone. Second, if we do not know enough about dash diet, we cannot use those recipes. It is my recommendation to edit the book and add 2 or more chapters about the dash diet.

Dash diet is one of the healthiest and effective diet that is great to lower your blood pressure as well as to ensure weight loss. It is hard to come up with different meal ideas everyday, but with this book you no longer have to worry about planning meals because it is full of delicious recipes to keep you

healthy and in shape. For everyday of the year, this book will give you 365 delicious and healthy recipes that is perfect for anybody, that way you do not have to worry about planning meals for an entire year.

I am very satisfied with this book. I had a little trouble getting it loaded on my kindle. I didn't understand about the library. Now I knowThanks.Mary

I'm really into controlling my cholesterol level, but some of the diet ideas don't seem to work. Well, this book is not only a good read, but it's also filled with amazing tips and information for which I can use.

Lots of good recipes.

Good product

good information on shopping lists and ways to follow and benefit from the dash diet- the recipes are so-so

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