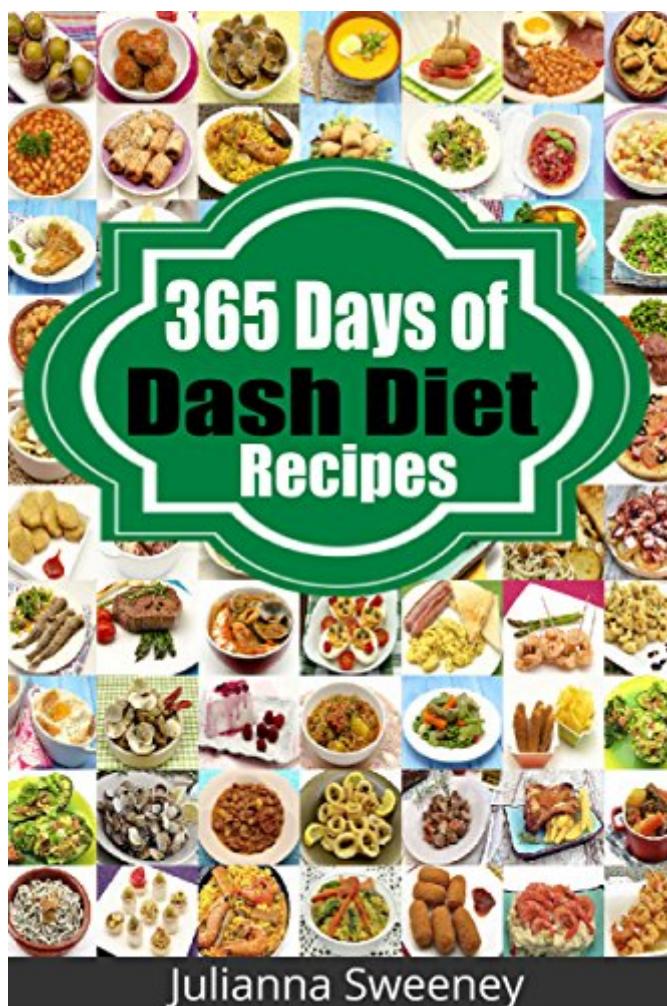


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# **Dash Diet: 365 Days Of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure And Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook)**





## 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, You'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 BOOK: Pumpkin Pie Smoothie Delight, Veggie Tortellini Salad, Peppered Sirloin Steak, Pork Tenderloin Crock Pot Sauerkraut, Eggplant and Pasta Ratatouille, Cinnamon & Almond Rice Pudding, MUCH MORE!Check out the amazing recipes below!Introduction, What is the Dash Diet, Why DASH Diet / Benefits of DASH Diet, DASH Diet Food List, Tips for the Dash Diet, Dash Diet Recipes, Dash Diet Breakfast Recipes, Dash Diet Appetizers and Snacks, Dash Lunch Recipes, Dash Diet Dinner Recipes, Dash Diet Slow cooker Recipes, Dash Diet Desserts, Dash Diet Drinks, Free Bonus Gift, 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 Medication. Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

## Book Information

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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 know. Thanks, 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 is 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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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) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Pressure w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes

Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Dash Diet Health Plan: Low-Sodium, Low-Fat Recipes to Promote Weight Loss, Lower Blood Pressure, and Help Prevent Diabetes Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) The DASH Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol without Medication (A DASH Diet Book) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 1) Ketogenic Diet: Lose Weight Fast by Eating More Fats (Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes)

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