



The book was found

DASH Diet: Dash Diet Made Easy - Lose Weight Now And Lower Blood Pressure Painlessly (Dash Diet Cookbook)



Synopsis

DASH Diet Made Easy! Lose Weight Now and Lower Blood Pressure

Painlessly_____ You don't need bland food for better health. We only get one heart so it's important that we take care of it. High blood pressure and obesity is on the rise in most communities today. Processed foods and sodium laden concoctions can wreak havoc on your body and blood pressure. The DASH diet was designed to combat both obesity and high blood pressure. The problem is that many people who go on low sodium diets find that they miss the flavors. The recipes in this book aim to pack in the flavor with a significantly less levels of sodium than what you would find in traditional recipes. It is not enough to just tell you what to make. There also needs to be an exploration of what substitutes can be used, techniques for adding flavor without losing the salt war, and methods for changing your current eating habits. There are nutritional tips and tricks given along the way. The recipes are easy to follow and don't contain ingredients that require an expedition to another world. The best part is, taste is still on the plate! If you're tired of bland and boring diet food, this is truly the right book for you. There is nothing boring about these dishes. Are you ready to wake up your taste buds without raising your blood pressure? Here's just a few things you'll learn about:

- Tips and tricks to get started and stay strong
- Breakfast options that are quick and easy
- Quick options from salads to smoothies
- Meals that everyone in the family will love

This DASH DIET recipes book has something for everyone. Get yourself a copy today and start on the road to better health with great meal options! Download Your Copy Today! Scroll Up and Buy NOW with One Click!

Book Information

File Size: 3231 KB

Print Length: 176 pages

Simultaneous Device Usage: Unlimited

Publisher: Dash Diet for Beginners (July 10, 2017)

Publication Date: July 10, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073VX7DWK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #97,302 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Arts & Photography > Art > Other Media > Ceramics #14 in Books > Arts & Photography > Other Media > Ceramics #22 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt

Customer Reviews

The Jambalaya recipe is pretty okay! Granted, it isn't the Jambalaya in the south. But when you're craving for a fix, this recipe isn't all that bad. I would add a little more seasoning than what it calls for because it was a little bland. But overall, I am impressed they had such a good recipe for Jambalaya

Lemon Mac n Cheese was such a great alternative to the original recipe! My kids and I absolutely loved it! It's lighter so it doesn't make you feel bloated or fat after eating it. Most of all, the lemon keeps it very refreshing and really aromatic!

Loved the breakfast bread pudding recipe. It's not too sugary. I can definitely see this being perfect for cold winter mornings. Double the recipe and make a large enough batch to freeze! It makes for quicker but still healthy mornings!

This is really good for someone who is just starting out. I would recommend it.

My family loved the meals I made from this book.

Its great.

[Download to continue reading...](#)

DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) 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 for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, 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: 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) 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) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) 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: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 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: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) 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) DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)