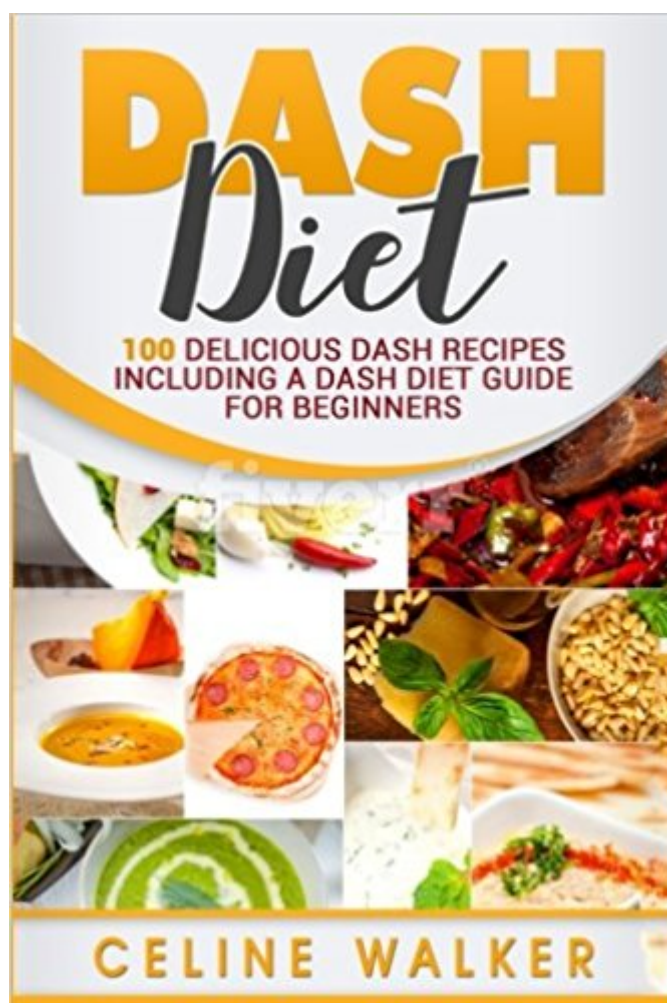


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# DASH Diet: 100 Delicious DASH Recipes Including A DASH Diet Guide For Beginners



## Synopsis

Introducing: 2 Popular DASH Diet Manuscripts in 1 book: DASH Diet: The DASH Diet For Beginners With Delicious DASH Recipes for Weight Loss  
DASH Diet: The DASH Diet Guide with Delicious DASH Recipes for Weight Loss  
Manuscript 1: The Ultimate Guide with Delicious DASH Diet Recipes

This DASH diet guide contains delicious, easy-to-make recipes for effective and sustainable weight loss with easy-to-understand guidelines. The DASH (Dietary Approaches to Stop Hypertension) is a healthy eating plan tailored to help in treating high blood pressure or preventing it in the first place.

By encouraging you to reduce your sodium intake as well as consume

potassium/calcium/magnesium-rich foods, you decrease your risk of high blood pressure. You even benefit from reduced risk of getting heart disease, stroke, diabetes, osteoporosis, and cancer. The

fact that the DASH Diet guides you to making healthier food choices also makes it easier for you to lose weight. Through this book, you will gain a deeper understanding of the DASH diet, its

countless benefits, and where and how you should begin. You will be given tips for eating the DASH diet way, and also a wide variety of delicious DASH-friendly recipes that will give you a feeling that

you are not on a diet at all! What you'll get: DASH Diet Takeaways To Live By  
DASH-Approved Foods  
Tips for Eating the DASH Diet Way  
DASH-Diet Friendly Appetizer and Bread

Recipes  
Guaranteed Low-Sodium Breakfast, Dessert and Beverage Recipes  
Blood

Pressure-Lowering Fish, Chicken and Pasta Recipes  
Weight Loss-Inducing Turkey, Pork and Beef

Recipes  
And more!  
Manuscript 2: The Ultimate DASH Diet Guide with Delicious DASH Recipes for

Weight Loss In this manuscript, you will find a quick and easy guide to following the DASH diet.

You will also gain 50 delicious DASH-approved recipes for not just improving your blood pressure levels, but also helping you to lose weight the healthy way. You will find recipes for breakfast, main

dishes – they for lunch or dinner – side dishes that can also serve as snacks, and desserts. The great thing about these recipes is you can find the exact amount of grams per

serving size and the nutritional information per serving. That way, you will know exactly how much protein, fat, and carbohydrates you are consuming, and you can tweak the ingredients depending

on your health goals. In addition, all of the recipes in this book call for ingredients you can

conveniently find in your local grocery store or farmer's market. You can also easily

choose alternatives to the ingredients in times when they are not in season. So take control over

your quality of life now by implementing the DASH diet. You will discover: A Guide to the DASH

Diet  
DASH Diet Guidelines  
Top 12 Foods that Aggravate Hypertension  
Top 25 Foods that Help

Reduce Hypertension  
DASH Breakfast and Brunch Recipes  
DASH Main Dish Recipes  
DASH Side

Dish Recipes  
DASH Dessert Recipes  
And more!  
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## Book Information

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## Customer Reviews

One of the steps your doctor may recommend to lower your high blood pressure is to start using the DASH diet. DASH stands for Dietary Approaches to Stop Hypertension. The diet is simple: eat more fruits, vegetables, and low-fat dairy foods, cut back on foods that are high in saturated fat, cholesterol, and trans fats, eat more whole-grain foods, fish, poultry, and nuts, limit sodium, sweets, sugary drinks, and red meats... Really good information in this book. I liked that the book gave me foods that I could eat that helped with high blood pressure instead of telling me everything I cannot eat.

This book is a guide on how to effectively lose unwanted pounds with the help of the DASH Diet. I wanted to follow DASH Diet for I could have reduced the risk of getting heart disease, stroke, diabetes, osteoporosis and cancer. The fact that the DASH Diet guides makes us healthier in terms of food choices it can also makes it easier to lose weight.

I think Dash Diet is good for everyone. This book will motivate you to be more conscious about eating the right foods. This Dash Diet offers plenty of foods that make more healthier and can maintain your healthy weight as well. The author enumerates the benefits you can get when you try this diet. Recipes are delightful and healthy.

The DASH Diet by Celine Walker is a great book for those wanting to try this diet. The DASH Diet was recommended to me by my doctor to lower my blood pressure. It includes a section for beginners with a diet guide. The recipes are delicious and easy to make and include nutritional information per serving. I highly recommend this book for lowering blood pressure as well as weight loss.

I am a fan of the Mediterranean diet (very similar to DASH) and healthy aging, so I had to pick up this book to see what all the fuss was about. This book, while not overly long on the page numbers, is amazing in its comprehensive depth. It doesn't just tell you to eat this way because we have researched it and we know it's good for you, it explains how different foods affect your body, why and what you can do about it. This book is the first health book that I have found (and believe me when I tell you I have read many) that I can follow based on my body's current needs.

This box set is very amazing plus all the recipes from these books are all very mouth watering and easy to prepare at home. I am very excited to start cooking at home for I have relatives who are into dash diet plan and this will make them happy.

This book is very detailed and helpful for me. I was able to do dash diet easily since this book is very detailed and the instructions are well-explained. I highly recommended this book!

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