



Dash Diet Cookbook: Collection of 150 Best Dash Recipes

Jennifer Evans

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Dash diet is not a restrictive one! You can enjoy various foods as long as you reduce your daily salt and bad fats intake.

DASH is for The Dietary approaches To Stop Hypertension.

It might sound a bit pretentious but it means that you must start consuming more healthy foods and fewer fats and sodium.

During a dash diet, you get to eat nutritious foods that allow you to prevent the appearance of hypertension and other similar conditions.

If you decided that a dash diet is what you need today, then you must get your hands on a copy of this incredible cookbook. It will help you get started with your new diet and it's going to become the most useful tool in the kitchen.

You will soon know how to make 150 of the most amazing and delicious dash diet recipes ever!

Inside we collected only best Dash recipes for:

Breakfast
Lunch
Sides
Dinner
Desserts
Seafood
Snacks
Meat
Poultry

Get you copy now!

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From Reader Review Dash Diet Cookbook: Collection of 150 Best Dash Recipes for online ebook

Max Brimmer says

Really disappointed with this book. There are no illustrations, the directions are overly simplified and completely bizarrely for a DASH diet cook book, it doesn't list the recipe's sodium content anywhere. The actual physical book itself is also really shoddy quality.
