



DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2)

Robertina Whelans

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The DASH Diet has been proclaimed "the best overall diet" for the last four years by US News & World Report

The DASH Diet is NOT a diet or gimmick. It is a diet that works. Studies have shown that the DASH Diet is highly successful in these areas:

LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR -- LOWER CHOLESTEROL -- LOSE WEIGHT

The DASH Diet plan is gaining popularity due to its claims to help lower high blood pressure in those who already have it and prevent the risks of developing high blood pressure in those who have the highest risk. Many doctors recommend this diet for their patients. The DASH diet's main focus is on helping people reduce their consumption of sodium by offering two options. One reduces sodium intake to 2300 mg a day and the second reduces sodium to 1500 mg a day. More and more studies are being released about the wide variety of health benefits produced by the DASH diet. Weight loss is one.

Worried that lowering your blood pressure and cholesterol means no more sweets, think again! Inside, you will find a **bonus of five DASH Diet desserts** that will be sure to satisfy your sweet tooth! Worried that the food might be bland? Again, not to worry. You'll find terrific recipes in DASH DIET Quick & Easy Recipes for Breakfast, Lunch & Snacks like these:

- ? Breakfasts such as Tasty Frittata and Granola Bars
- ? Lunches such as Swiss Apple Panini and Grilled Cod and Citrus Salad
- ? Snacks such as Tortilla Triangles and Pizza Bites

Other than just reducing your salt intake, the DASH Diet plan promotes eating two servings of dairy, four servings of nuts, five servings of fruits and vegetables, and six or more servings of whole grains each day. This, along with the different caloric plans make the DASH Diet not only good for your high blood pressure, but an effective way to lose weight as well.

In this cookbook, you'll find easy and tasty meals that you can enjoy while on the DASH Diet. No need for guesswork.

Ready to go on the DASH Diet plan? Buy the book and discover all these wonderful low salt recipes

Don't forget, you'll also get the free Dash Diet bonus dessert recipes, too.

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Johnnie Lewis:

The event that you get from DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2) could be the more deep you digging the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to comprehend but DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2) giving you buzz feeling of reading. The author conveys their point in selected way that can be understood by simply anyone who read this because the author of this book is well-known enough. This particular book also makes your current vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having that DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2) instantly.

Jamie Gregory:

People live in this new moment of lifestyle always aim to and must have the time or they will get great deal of stress from both way of life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the particular book you have read is actually DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2).

Sylvia Grable:

The book untitled DASH Diet Quick and Easy Recipes for Breakfast, Lunch & Snacks: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet Cookbook Book 2) contain a lot of information on it. The writer explains the girl idea with easy technique. The language is very easy to understand all the people, so do certainly not worry, you can easy to read that. The book was written by famous author. The author gives you in the new period of time of literary works. You can actually read this book because you can read more your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and also order it. Have a nice go through.

Thomas Crittenden:

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