



## Dash Diet Recipes: 70 Delicious Dash Diet Meals for Weight Loss, Better Health and Increased Energy (Paperback)

By Kayla Langford

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Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Ultimate DASH Cookbook This Dash Diet Recipe book contains 70 quick and easy yet, delicious recipes anybody can cook. Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 70 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. Year after year the DASH Diet is voted Best Diet Overall, Best Diet for Healthy Eating and Best Diabetes Diet. Created as a way for people with high blood pressure to enjoy the foods they love while working to reduce or correct their hypertension, the DASH diet uses healthful food choices, along with more nutritious ways to prepare favorite dishes to allow people to eat a varied, delicious and balanced diet. Although it wasn't created as a weight-loss diet, the DASH diet often does result in weight loss, which is a huge benefit to those who have diabetes or high blood pressure, or are at high risk of developing either disease....

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