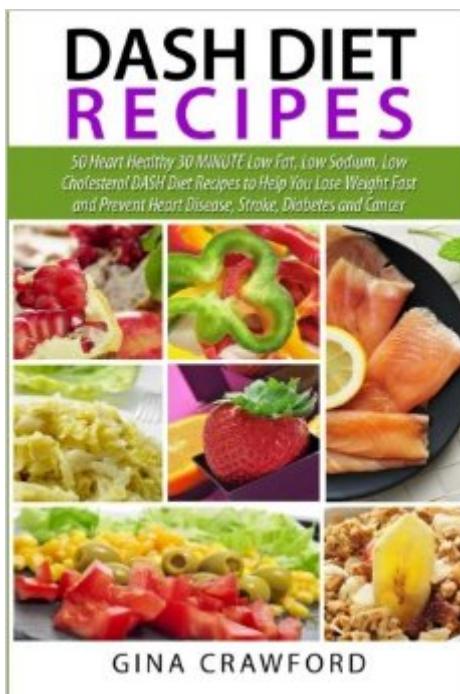


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# **DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes To Help You Lose Weight Fast And Prevent Heart Disease, Stroke, Diabetes And Cancer**



## **Synopsis**

DASH Diet Recipes - 30 MINUTE DASH diet recipes that will drastically improve your health and your weight! \*A complete book of DASH diet recipes that includes nutritional information for each of the top 50 DASH diet recipes!\* The DASH diet is a lifelong well-balanced approach to healthy eating promoted by the National Institutes of Health that is based on nutrient-rich whole foods. This book will teach you exactly how to reach and maintain a healthy weight while lowering blood pressure and cholesterol. Change your food - Change your life! U.S.News and World Report chose the DASH diet as the best overall diet, the healthiest diet and the best diet for diabetes for four years in a row. It is estimated that hypertension or high blood pressure affects over 1 billion people worldwide. Not only is high blood pressure the leading cause of death, it also increases the risk of stroke and heart disease. The DASH diet reduces the amount of sodium in your diet and increases your consumption of calcium, magnesium, potassium and fiber by eating a selection of delicious whole foods that lower blood pressure. Eating vegetables, fruits, whole grains, fish, lean meats, low-fat dairy and healthy fats is all part of the DASH diet healthy eating plan. The DASH diet works if you work it! The DASH diet is endorsed by the American Heart Association and is scientifically proven to lower blood pressure and cholesterol. Research has also shown that the DASH diet is extremely effective in promoting weight loss which has popularized it as a weight loss diet. In DASH Diet Recipes: 50 Heart-Healthy 30 MINUTE Low-Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer you will get nutritious recipes for every meal of the day plus snacks, appetizers and more. DASH Diet Recipes teaches you: Quick, easy & delicious 30 MINUTE recipes The top 50 DASH diet recipes DASH diet recipes for breakfast DASH diet recipes for lunch DASH diet recipes for dinner DASH diet salads DASH diet appetizers DASH diet recipes for dressings, sauces and dips .....and more! You'll get delicious DASH diet recipes like: Raspberry Muffins Muesli Breakfast Bars Sun-Dried Tomato Basil Pizza Chicken in White Wine and Mushroom Sauce Broiled Scallops with Sweet Lime Sauce Roasted Salmon with Chives and Tarragon Pork Tenderloin with Herbes de Provence Cheesy Quesadillas Balsamic Chicken Salad with Pineapple Triple Berry Spinach Salad Cherry Tomato Basil and Pear Salad Simple Mango Salad Fruit Kebobs with Lemony Lime Dip Fruit Salsa 'n' Cinnamon Sweet Chips Berry Creamy Parfait Plum Tomato Crostini with Basil Chipotle Spiced Shrimp Peach Honey Spread Avocado Dip Raspberry Coulis .....and much more! Get healthy and lean with these amazing, delicious whole food DASH diet recipes! PICK UP YOUR COPY TODAY

## **Book Information**

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## Customer Reviews

This would be okay for someone who is completely new to the kitchen and has not a clue as to what a healthy diet is. If you've played around in the kitchen though and especially if you already know that too much salt and sugar is not healthy I would recommend others. The Mediterranean table, the healthy mind cookbook and weeknight fresh and fast were great purchases I've made recently.

I've read a lot of diet books, but this is the first one that is promoted by the National Institute of Health and has been named by U.S. News and World Report as the best overall diet. But it's more than a diet, says Gina Crawford, it's a way of life, a way of eating that will promote long term health. As a recipe book, I am attracted to some yummy recipes that are listed, like Green Smoothie, Sun-Dried Tomato Basil Pizza and Rigatoni with Broccoli and Garlic and I've always been a sucker for a good Artichoke Dip and now I can make my own.

This is an excellent cookbook for creating healthy low cholesterol meals that are easy, quick and very tasty. It is a cookbook but it also contains a wealth of information on the DASH diet – a diet that is more of a lifestyle than a strict diet. My kids loved the buckwheat pancakes with strawberries and I am definitely going to make them again. We are now trying out the dinner recipes and so far everything has proved just delicious. Recommended.

I was advised by my doctor to give the dash diet a try to help with my hypertension. I am always

very put off by the thought of starting some diet as I typically associate dieting with bad tasting food but after getting this book and trying some of the recipes my mind is totally changed. The recipes in this book are great tasting and easy to make. I highly recommend.

This is a must have for those looking for quick, simple, healthy meals. My wife and I don't have much time to cook dinner of an evening, especially if we want any time to relax, and this book helps minimize our time in the kitchen. The recipes are healthy, but they also taste great. Would recommend for those watching their weight and on the go constantly.

The DASH diet is necessary for so many people as hypertension is such a widespread disease. This book swamps the reader in to recipes that follow the DASH diet principles. A worthwhile book if you are interested in the DASH diet as a way of lowering your blood pressure.

I want to avoid high blood pressure that runs in my family so I thought I should start eating a healthier diet. This book is incredible. The author explains the DASH diet, which really isn't a diet, and how it works. The best part is the delicious and easy to prepare recipes, with ingredients that are easy to find! At the end of each recipe is the nutritional information as well. I have not made everything in the book yet, but the Spiced Maple Syrup Hot Cakes, DASH Delicious Chicken Burritos, Beef Stroganoff, Cheesy Quesadillas, and Hummus are some of my favorites. I don't feel deprived or like I am on a horrible diet when I am eating this kind of food! I plan on buying some more of the authors recipe books!

A must have for any serious dieter. As i'm reading more and more of these dieting books im realizing that I'm starting to build a big collection of them. I'm glad that I purchased this book while it was on sale because there is a good amount of value in some of the recipes. If you are into the DASH diet than would recommend that you get a copy of this book especially when it on sale so that you can have a good source of recipes in one place without having to search the internet for too long to find them. This book is a must for anyone seeking to engage in this type of diet.

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