



The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure

Mariza Snyder, Lauren Clum, Anna V. Zulaica

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The DASH Diet Made Delicious

Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived.

QUICK AND HEARTY BREAKFASTS

- **Berry Banana Green Smoothie**
- **Veggie Frittata with Caramelized Onions**

ENERGY-BOOSTING LUNCHES

- **Mexican Summer Salad**
- **Chicken Fajita Wraps**

FAST AND FABULOUS SNACKS

- **Roasted Zucchini Crostini Dip**
- **Grilled Sweet Potato Steak Fries**

SATISFYINGLY DELICIOUS DINNERS

- **Turkey Meatballs in Marinara Sauce**
- **Ginger-Apricot Chicken Skewers**

TASTY AND WHOLESOME DESSERTS

- **Grilled Peaches with Ricotta Stuffing and Balsamic Glaze**
- **Mini Cheesecakes with Vanilla Wafer Almond Crust**

Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, **DASH** (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. Including a 28-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to living healthy.

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Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite book and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure. Try to the actual book The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure as your close friend. It means that it can to be your friend when you truly feel alone and beside associated with course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you considerably more confidence because you can know every thing by the book. So , we should make new experience and also knowledge with this book.

Kristen Zamora:

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Ed Abraham:

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Eugene Howard:

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