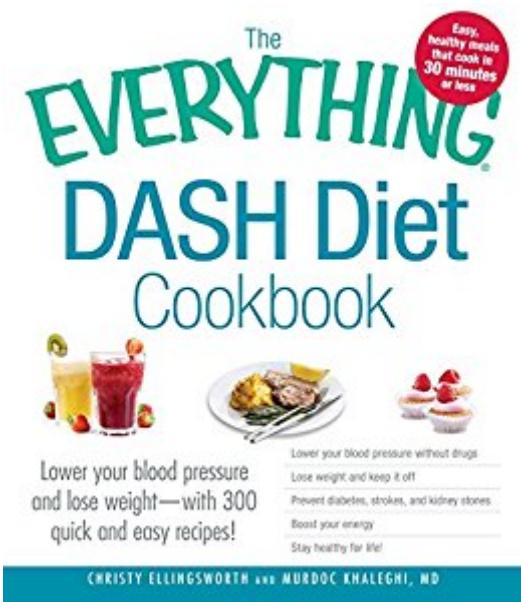


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# The Everything DASH Diet Cookbook: Lower Your Blood Pressure And Lose Weight - With 300 Quick And Easy Recipes! Lower Your Blood Pressure Without Drugs, ... And Stay Healthy For Life! (Everything®)



## **Synopsis**

Take care of your heart and your waistline! Studies show that the DASH (Dietary Approaches to Stop Hypertension) diet, rich in fruits, vegetables, and low-fat dairy products, can help lower blood pressure in just fourteen days! It is also one of the smartest and healthiest ways to lose weight and curb diabetes risk; all without the use of medications. The Everything DASH Diet Cookbook contains 300 recipes; all made in 30 minutes or fewer, including: Maple Walnut Scones, Ahi Tuna with Grape Tomato Salsa, Philly Cheesesteaks, Asparagus, Swiss, and Ricotta Frittata, Pumpkin Whoopie Pies. The DASH diet is not a quick-weight-loss, trendy diet. It's a new way of eating that can change your life. And the easy-to-make meals won't leave you feeling deprived; of taste or time.

## **Book Information**

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## **Customer Reviews**

The dash diet is probably the best diet to follow for gaining heart health, controlling cholesterol, and blood sugar levels of diabetes. The recipes are easy to follow and remarkable good when you aren't sure what your dr. means when he says "no salt, no sugar, no fats". This book shows you it can

work doing without all of that and using substitutes offered.

I preordered this cookbook as soon as I learned it was available to do so. Like one of the authors, Christy Ellingsworth, I was also diagnosed with Miniere's. Current treatment along with meds is being on a low-sodium diet. I am always on the lookout for tasty low-sodium recipes, and I know from previous experience with another cookbook of Christy's that this book would deliver. I miss certain foods like Chinese because the sodium content-due mainly to soy sauce-prevents me from enjoying it. Low and behold, a recipe for Faux Soy Sauce! Christy and Dr. Khaleghi have brought taste and good nutrition back to my food! This cookbook is sure to be a lifesaver in more ways than one! I can't wait to try every recipe!

Many wonderful recipes. Loved the section on making salad dressings, sauces and seasonings. I wish there would have been more Main Dish recipes.

There are a lot of suggestions for breakfast, lunch and dinners. They are easy healthy meals you can prepare in about 30 minutes. I will be using this cookbook a whole lot.

Awesome book so far! I love the easy to find topics!

I love this book. It has helped me with the diet. It is hard to find cookbooks that help out with not using salt and this one does with great tasting recipes.

Great recipes & I really did lower my blood pressure good stuff - the Saturday morning pancakes are really really really good better than anything you can buy in a box

good simple recipes with ingredients that you normally have on hand. like all cookbooks have adapted to fit my lifestyle

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The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life!

(Everything®) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) DASH DIET: The Dash Diet Simple Solution To Weight Loss -

Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) Dash Diet: Dash Diet Cookbook for Weight Loss: Includes Easy to Cook Dash Diet Recipes for Healthy Living! Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating)

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