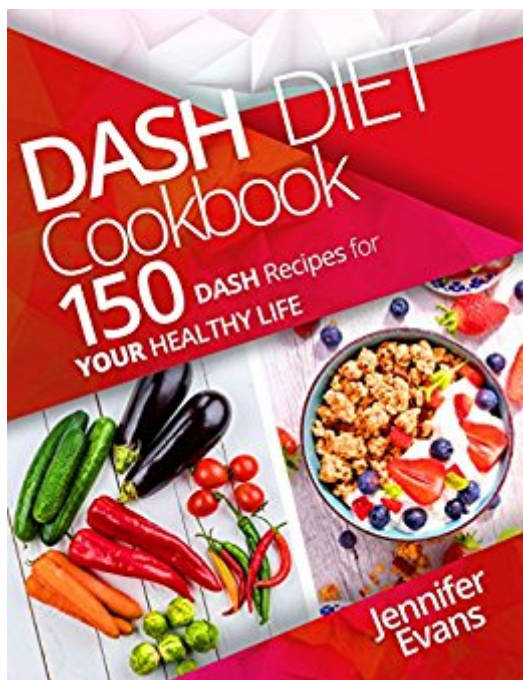


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# Dash Diet Cookbook: 150 Dash Recipes For YOUR Healthy Life



## Synopsis

Your new life starts today! You will become a healthier person and a much happier one! Are you curious to find out how you can achieve that? Well, it's actually really simple! All you need to do is to start following a dash diet. Here are some main guidelines to help you understand what dash diet is: You should reduce the consumption of salt to a maximum of 2300 mg/day. You should consume more veggies, fruits and low-fat dairy products. You should reduce the consumption of bad fats and other products that contain a lot of cholesterol. You should pay attention to how much sugar you consume and you should replace regular one with brown, palm or coconut one. Consume whole wheat products. Consume less alcohol. Exercise at least 30 minutes per day. As you can see, the dash diet is very easy to follow! So, why don't you opt for it today? Once the dash diet is part of your life, the only step you need to take next is to purchase this incredible cookbook. Inside we collected only best Dash recipes for: Breakfast Lunch Sides Dinner Desserts Seafood Snacks Meat Poultry Get you copy now!

## Book Information

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## Customer Reviews

A very interesting cookbook. People nowadays are looking for a cookbook containing healthy, delicious and full of flavors foods and yet fewer in fats and sodium to avoid hypertension. There are some main guidelines included in this book that may help you understand what Dash Diet really all about. All recipes are amazing and can help maintain healthy weight and strong body.

I really like this cookbook, it teaches you the right things to eat to be healthy. This cookbook provides to many easy to follow meals with the skills already learned with the DASH diet lifestyle of healthy eating and living. My health will be much improved by using these books

This book is amazing recipes Dash Dite Cookbook.the author done her job very good.. I find this book very informative and I'm really excited to try the recipes on this amazing dash diet cook book.Its a great resource to go along with the Dash Diet and I can't wait to try more recipes and continue my journey on my weight loss.so i love this book recipes.

Amazing and a very informative book. Reading book likes this is really a must to all. Dieting and eating would be much more fun having this kind of books, Co's being healthy is really a big issue. a very nice book.I highly recommend to all.

I have a better understanding of the Dash Diet after reading this book. I find this book very informative and I'm really excited to try the recipes on this amazing dash diet cook book.

The cookbook has many good recipes without too many unknown ingredients, which to me is a plus. However, as a DASH Diet cookbook you would expect the recipes to include the number of DASH Food Servings; for example: 2 Dairy, 4.5 Fruit in the Breakfast Delight, which for me is over my number of fruit servings for an entire day and the max on my Dairy Servings as well on my 1,200 calorie DASH diet, as I am short. So it wasn't what I was expecting. Since I am new to the DASH Diet, I found I still had to do a lot of figuring with these recipes to stay within my servings goal, especially on recipes that contain multiple ingredients. And what about the sodium content. Shouldn't that be included? I also found the descriptive adjectives in the recipe names annoying, like Amazing, Delicious, Tasty, Special. Really?

I actually know Anna. She is the nutritionist at my office cafe (yeah one of those large tech companies cafes) I interact with her a lot because of some of the stuff I do and when she found out I

was dealing with high blood pressure she offered to give me counsel. I had already altered my diet and started exercising more but she had a lot of great insight to things that I could do on top. However, with the increase in energy I still lost a few pounds without feeling hungry or deprived. The best part of the DASH diet and the recipes is that it is just plain good nutrition. Thus it is good for the whole family.

This book is stunning formulas Dash Dite Cookbook.the writer done her employment great.. I discover this book extremely educational and I'm truly eager to attempt the formulas on this astounding dash slim down cook book.Its an awesome asset to oblige the Dash Diet and I can hardly wait to attempt more formulas and proceed with my adventure on my weight loss.so i cherish this book formulas.

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