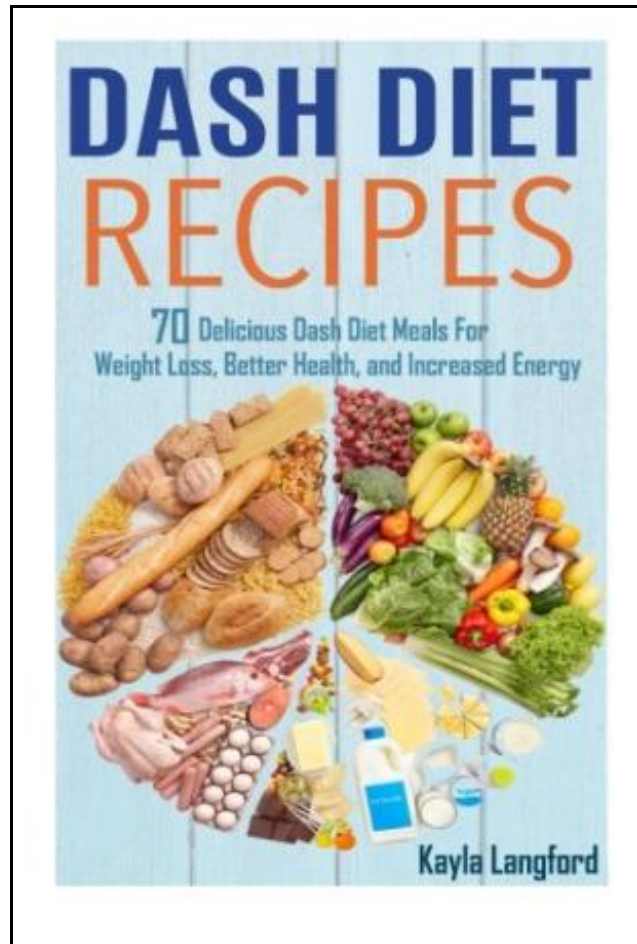


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate DASH Cookbook This Dash Diet Recipe book contains 70 quick and 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. In this Dash Diet Recipe Book by Kayla Langford you will get. The top 70 DASH diet recipes DASH diet recipes for breakfast DASH diet recipes for lunch DASH diet recipes for dinner DASH diet Vegetarian DASH diet Salads DASH diet recipes Soups DASH Diet Snacks Dash Diet Desserts Easy to follow preparation and directions .and much more! Today is the day to get healthy with this awesome DASH diet recipe cookbook.



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