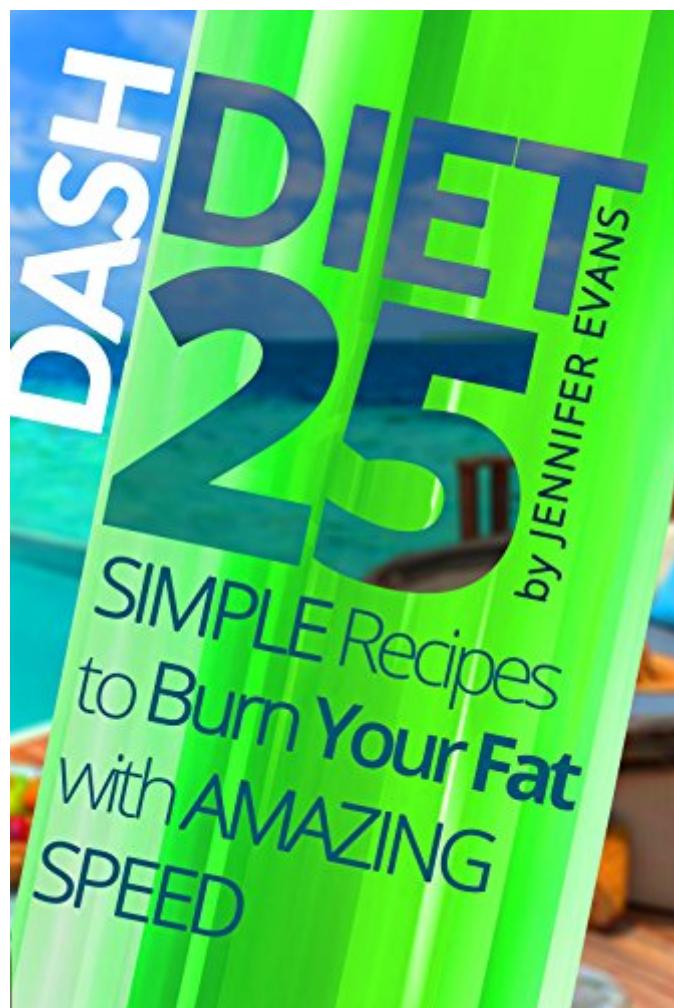


The book was found

# Dash Diet: 25 Simple Recipes To Burn Your Fat With Amazing Speed



## Synopsis

Talking about healthy eating, you might be thinking along the lines of "just bland and boring." Don't! Healthy eating is not always confined inside the four white walls of calorie math. Healthy eating is not about reducing the food you eat. It is about eating more food that your body agrees with! This salt-reduced, nutrient-enriched diet tremendously helps with reducing heart risks, diabetes and kidney stones, and all the others that are brought about by unhealthy eating. There are the main proven benefits of Dash diet: Reduce Blood Pressure, Lowered Cholesterol, Weight Loss. At this point, you might be thinking - what kind of food does DASH cover? The answer is... All of them! DASH diet emphasizes: Fruits, Vegetables, Low-fat dairy, Fish, Grains, Poultry. Scroll to the top and press the Buy Now with 1-Click button. It also incorporates more vitamins and essential metals like Potassium, Magnesium, and Calcium to fulfill our recommended daily intake, thus enhancing us whether at work, rest, and even during our social interactions with minimal interference. To guide you in improving, we have prepared an amazing collection of recipes that are fun and easy to prepare. No need to call a nutritionist! All you will need is just a touch of creativity. With that in mind, let me take you into the world of healthy eating - towards a healthier, slimmer you! Get you copy now!

## Book Information

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## Customer Reviews

As a guy, I'm a decent cook, but I also know I can use a touch of creativity in my cooking skills. With my aunty recently having a stroke, I also know that I need to be mindful of my diet. This book addresses both of those concerns wonderfully. Healthy recipes to combat hypertension. You can find a variety of recipes to cover breakfast, lunch, dinner, snacks, and desserts. Pizza with mango salsa! deadly! I would've never considered adding fennel to Bruschetta. Great idea.

Best diets out there. Most of those books were fully loaded with unnecessary information. I heard about this book from my aunt last week and after reading this book I am pleased enough. This guide has a step by step guide that is easy to follow the correct dash diet to follow. I am just beginning this part after completing the program in the Dash Diet. The goal is to make permanent lifestyle changes. I like all the recipes. All recipes were simple and easy to make.

I've heard about so many new diets just popping from wherever. As a health advocate, I find that this is a great book to read. This got all the awesome recipes that mainstream diets will not allow you to have - still just as good. The mouthwatering recipes in this book are easy to follow and the ingredients are easy to find. Highly recommended book!

I like several of the recipes . They were easy to prepare and tasted very good and we within my daily counts.

Great diet. Good information.

good solid info.

This is a big waste of money. No helpful information, no photos, and a weird selection of 25 recipes. It's more like a pamphlet. Yogurt and fruit??? Come on!!! Who would ever attempt the pork with cocoa powder, coffee granules, cinnamon, and red pepper? Yucko! And it's in metric. What's "500 grams smoked chicken breast" or "1 kilograms pork tenderloin" anyway? (That is not my typo, it's

right from the book.) Even a beginner cook will not get any help from this book for DASH or otherwise. In the 5 paragraphs discussing it's self-proclaimed "amazing collection of recipes" the author failed to list sodium content for any of them. Don't get fooled into purchasing this one. I bet some of the previous reviews are fakes.

not worth the money

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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) 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 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: 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: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed 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! Dash Diet: 25 Simple Recipes to Burn Your Fat with Amazing Speed [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) 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) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love 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) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet,

Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 DASH Diet: 100 Delicious DASH Recipes Including a DASH Diet Guide for Beginners Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

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