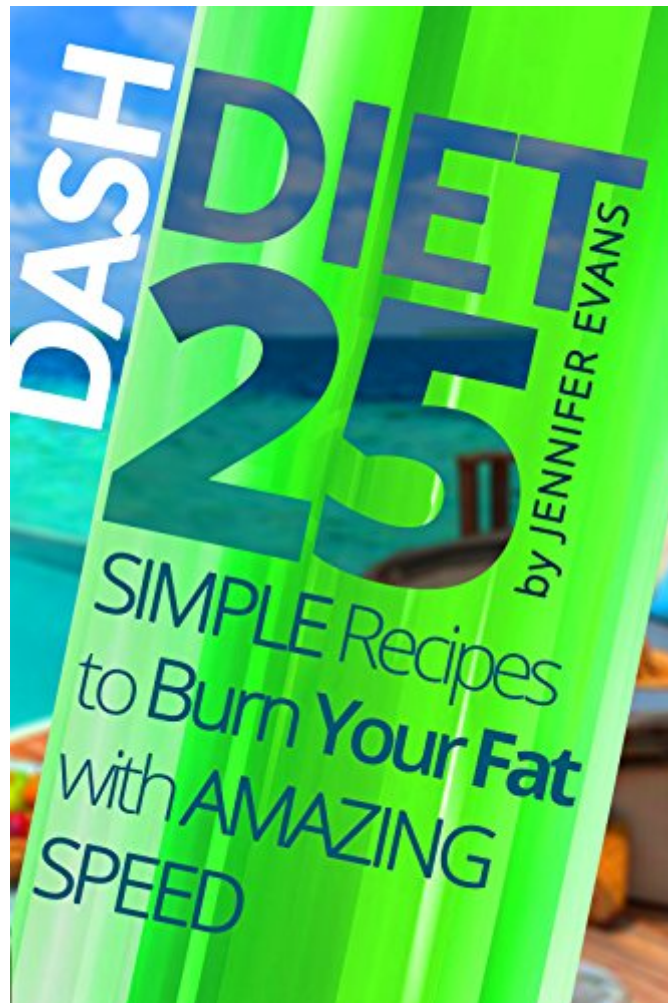




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Dash Diet: 25 Simple Recipes To Burn Your Fat With Amazing Speed



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 your 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 is 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 its 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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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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