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# DASH Diet: Dash Diet Made Easy - Lose Weight Now And Lower Blood Pressure Painlessly (Dash Diet Cookbook)



## Synopsis

DASH Diet Made Easy! Lose Weight Now and Lower Blood Pressure

Painlessly\_\_\_\_\_ You don't need bland food for better health. We only get one heart so it's important that we take care of it. High blood pressure and obesity is on the rise in most communities today. Processed foods and sodium laden concoctions can wreak havoc on your body and blood pressure. The DASH diet was designed to combat both obesity and high blood pressure. The problem is that many people who go on low sodium diets find that they miss the flavors. The recipes in this book aim to pack in the flavor with a significantly less levels of sodium than what you would find in traditional recipes. It is not enough to just tell you what to make. There also needs to be an exploration of what substitutes can be used, techniques for adding flavor without losing the salt war, and methods for changing your current eating habits. There are nutritional tips and tricks given along the way. The recipes are easy to follow and don't contain ingredients that require an expedition to another world. The best part is, taste is still on the plate! If you're tired of bland and boring diet food, this is truly the right book for you. There is nothing boring about these dishes. Are you ready to wake up your taste buds without raising your blood pressure? Here's just a few things you'll learn about:

- Tips and tricks to get started and stay strong
- Breakfast options that are quick and easy
- Quick options from salads to smoothies
- Meals that everyone in the family will love

This DASH DIET recipes book has something for everyone. Get yourself a copy today and start on the road to better health with great meal options! Download Your Copy Today! Scroll Up and Buy NOW with One Click!

## Book Information

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## Customer Reviews

The Jambalaya recipe is pretty okay! Granted, it isn't the Jambalaya in the south. But when you're craving for a fix, this recipe isn't all that bad. I would add a little more seasoning than what it calls for because it was a little bland. But overall, I am impressed they had such a good recipe for Jambalaya

Lemon Mac n Cheese was such a great alternative to the original recipe! My kids and I absolutely loved it! It's lighter so it doesn't make you feel bloated or fat after eating it. Most of all, the lemon keeps it very refreshing and really aromatic!

Loved the breakfast bread pudding recipe. It's not too sugary. I can definitely see this being perfect for cold winter mornings. Double the recipe and make a large enough batch to freeze! It makes for quicker but still healthy mornings!

This is really good for someone who is just starting out. I would recommend it.

My family loved the meals I made from this book.

Its great.

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