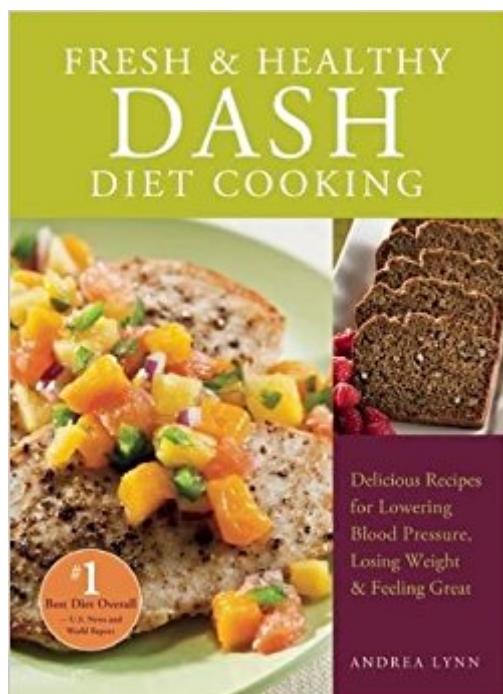


The book was found

# Fresh And Healthy DASH Diet Cooking: 101 Delicious Recipes For Lowering Blood Pressure, Losing Weight And Feeling Great



## Synopsis

DELECTABLE DASH DISHES FOR EVERY MEALWith its emphasis on fresh ingredients, low sodium, and portion control, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. But cutting back on calories and salt doesn't have to mean sacrificing flavor. Fresh and Healthy DASH Diet Cooking makes following the DASH Diet easy and delicious, with recipes like: Roasted Tomato Bruschetta, Lentil Salad with Mango, Skirt Steak Lettuce wraps, Jalapeño-Cilantro Chicken, Braised Chipotle Turkey, Blackened Catfish Tacos, Coconut Lemongrass Mussels, Rosemary Tomato Focaccia, Chocolate Pudding, and Poached Pears with Lemon YogurtOffering mouth-watering dishes, beautiful full-color photographs, and waistline-friendly tips, Fresh and Healthy DASH Diet Cooking is the ultimate guide to eating well and feeling great.

## Book Information

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## Customer Reviews

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Artisan Soda Workshop|Andrea|Lynn|9781612430676|14.95|Ulysses Press|5/12/12||I Love Trader Joe's College Cookbook|Andrea|Lynn|9781569759356|17.95|Ulysses Press|6/7/11|12000|

Okay - diet - diet - diet - BUT this really is the ONE - I so recommend this book - the food is totally "normal" - you are full all the time - and by the way I lost 15# the first month. Stick to it religiously and you'll look better but the real pay off is how you feel - renewed energy - sleep well and feel so good.

Love this cookbook, along with the DASH plan itself. It complements the other book to begin a journey of lifelong healthy eating. I even have been able to get my picky husband to start eating better because of the recipes in this book. It is great! And I have lost weight. Hope to remove all medications from my life by sticking to this plan.

I bought this book because my husband wanted to lower his blood pressure to keep from taking blood pressure medication. We have been using it several months and his blood pressure is slowly coming down. The information is easy to follow, the recipes are fun if a little bland ,even with the additional spices,

I only buy cookbooks with pictures of the finished product - I need the visual. Anyway, this cookbook has pics for most of the recipes and so far my family has enjoyed the recipes I have tried. So, this is a helpful tool in my efforts to help my family adopt a more healthful lifestyle.

Easy to follow recipes. Great pictures which should help those who need a little extra guidance in the kitchen. I bought this book as a compliment to the Dash Weight Loss Solution book. I find this book much for helpful and intuitive.

Very good. Great receipes

This book is going to change our life. A new way of eating, easy to follow. Will enjoy these solutions to healthy eating.

I am gload I own this book

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Book 2) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) 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! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating)

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