



The DASH Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight

Christy Ellingsworth

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Delicious DASH diet meals in 30 minutes or fewer!

The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet--approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like:

- Brown Sugar Cinnamon Oatmeal
- Stovetop Barbecued Chicken Bites
- Quick and Easy Shepherd's Pie
- Mushroom and Eggplant Curry
- Peanut Butter Chocolate Chip Blondies

Filled with 175 mouthwatering meals, *The DASH Diet 30-Minute Cookbook* won't leave you feeling deprived--of taste or time.

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Jeffrey Smith:

Reading can called imagination hangout, why? Because when you are reading a book especially book entitled The DASH Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight your head will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will become your mind friends. Imaging every word written in a reserve then become one form conclusion and explanation that will maybe you never get just before. The The DASH Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight giving you yet another experience more than blown away the mind but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern here is your body and mind will probably be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

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