

[PDF] Dash Diet Cookbook Collection Of 150 Best Dash Recipes

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The Everyday DASH Diet Cookbook-Marla Heller 2013-06-04 New York Times bestselling author Marla Heller, in collaboration with bestselling cookbook writer Rick Rodgers, provides simple, home-cooked, DASH-approved meals to help promote weight loss and increased health benefits. A healthy diet is only as good as the food it provides in its plan. Now in **THE EVERYDAY DASH DIET COOKBOOK**, bestselling author and foremost DASH expert Marla Heller, together with bestselling cookbook writer Rick Rodgers, makes it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, a group of almost 130 million people, and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle. With recipes such as Cinnamon French Toast with Raspberry Sauce, Filet Mignon au Poivre, Yankee Clam Chowder, and Chocolate Fondue with Strawberries, eating health has never been so easy and delicious.

The DASH Diet Cookbook-Mariza Snyder 2012-03-13 The DASH Diet Made Delicious Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. **QUICK AND HEARTY BREAKFASTS** • Berry Banana Green Smoothie • Veggie Frittata with Caramelized Onions

ENERGY-BOOSTING LUNCHESES • Mexican Summer Salad • Chicken Fajita Wraps **FAST AND FABULOUS SNACKS** • Roasted Zucchini Crostini Dip • Grilled Sweet Potato Steak Fries **SATISFYINGLY DELICIOUS DINNERS** • Turkey Meatballs in Marinara Sauce • Ginger-Apricot Chicken Skewers **TASTY AND WHOLESOME DESSERTS** • Grilled Peaches with Ricotta Stuffing and Balsamic Glaze • Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, **DASH (Dietary Approaches to Stop Hypertension)** is the best diet for a fit lifestyle. Including a 28-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to living healthy.

The DASH Diet Cookbook-Mariza Snyder 2012-03-13 Shares easy-to-make recipes that follow the DASH diet and includes a twenty-eight day meal plan, exercise advice, and tips for keeping to the diet when on the go.

The Everything Easy DASH Diet Cookbook-Christy Ellingsworth 2021-01-12 Discover 200 easy, delicious DASH (Dietary Approaches to Stop Hypertension) diet recipes that can be made in 30 minutes or less! The DASH (Dietary Approaches to Stop Hypertension) diet is one of the best diets for lowering blood pressure and preventing diabetes and with a focus on fruits, vegetables, and low-fat dairy products, it is also one of the smartest and healthiest ways to lose weight without the use of medications. In **The Everything Easy DASH Diet Cookbook** you will discover new ways of eating that can change

your health—and your life! These easy-to-make recipes can be completed in 30 minutes or less so you no longer have to sacrifice taste or time to live a healthier lifestyle that leaves you feeling full and satisfied all day long!

Dash Diet Cookbook-Jennifer Evans 2017-10-11 Dash diet is not a restrictive one! You can enjoy various foods as long as you reduce your daily salt and bad fats intake. DASH is for The Dietary Approaches To Stop Hypertension. It might sound a bit pretentious but it means that you must start consuming more healthy foods and fewer fats and sodium. During a dash diet, you get to eat nutritious foods that allow you to prevent the appearance of hypertension and other similar conditions. If you decided that a dash diet is what you need today, then you must get your hands on a copy of this incredible cookbook. It will help you get started with your new diet and it's going to become the most useful tool in the kitchen. You will soon know how to make 150 of the most amazing and delicious dash diet recipes ever! Inside we collected only best Dash recipes for: Breakfast Lunch Sides Dinner Desserts Seafood Snacks Meat Poultry Get you copy now!

The DASH Diet Mediterranean Solution-Marla Heller 2018-12-24 From the New York Times bestselling author, this guide to healthy living features the latest science and research and a Mediterranean diet-inspired meal plan to make this the most healthy and effective DASH diet ever. The DASH diet has been a staple of the dieting world, recommended by doctors, nutritionists, and crowned the US News and World Report's #1 best diet for 8 years in a row. But popular tastes and medical guidelines have evolved, and The Dash Diet Mediterranean Solution presents a new approach to the time tested diet program that highlights the benefits of whole foods. Marla Heller, MS RD has overhauled the DASH plan to reflect the latest, cutting-edge research on hypertension, diabetes, depression, and other health issues that impact millions of Americans. Meal planning gets a new focus on unprocessed foods (less sugar free jello, more fresh fruits!), seafood options, and even a whole section examining vegan and vegetarian choices. Filled with four weeks of menus and tons of strategies and research, The Dash Diet Mediterranean Solution offers readers a new approach to their best health the DASH diet way.

The Innovative Dash Diet Cookbook-Eleonore Barlow 2021-04-16 *** 55% discount for bookstores! now at \$32.95 instead of \$44.95 *** If you're tired of trying dozens of unsuccessful diets and you finally want to learn a simple way to reclaim the optimal health you deserve, then keep reading... Wondering what the DASH diet is all about? It's a one-of-a-kind diet, specifically designed to reduce blood pressure levels in people. Hypertension, or high blood pressure, is one of the greatest silent killers of this century. Your customers will never stop using this great cookbook! More and more people are suffering from excessive weight, high cholesterol and hypertension. All of these chronic illnesses have a strong negative impact on people's everyday lives, exposing them to a wide range of much more serious pathologies. DASH stands for the Dietary Approaches to Stop Hypertension. It's an eating pattern developed to prevent and treat high blood pressure and promote heart health. According to the Centers for Disease Control and Prevention, one in three American adults (75 million) have high blood pressure, and another one in three American adults have higher than normal blood pressure. However, don't worry! You are about to discover the only effective, scientific diet that can literally transform your overall health status. The Dash Diet is rapidly growing in popularity all over the world. This cookbook covers 50 delicious recipes like: Ø HERBED PARMESAN WALNUTS Ø CINNAMON BAKED APPLE CHIPS Ø GENEROUS LEMON DREDGED BROCCOLI Ø DELICIOUS ALOO PALAK Ø ZUCCHINI AND ONIONS PLATTER Ø COCONUT CREAM SHRIMP Ø ORANGE-ROSEMARY ROASTED CHICKEN and dozens more... Take the first step to help you work on your Hypertension and click the BUY button and get your copy!

The Mediterranean Dash Diet Cookbook-Abbie Gellman 2019-11-12 Two healthy diets--one delicious cookbook The DASH diet and Mediterranean diet are two of the most consistently recommended diets when it comes to healthy eating, so why not combine them into something even better? By unifying the benefits of these amazing diets, The Mediterranean DASH Diet Cookbook offers tons of simple recipes for delicious dishes that will keep your blood pressure low and your taste buds happy. Find 100 recipes for breakfasts, soups, salads, entrees, and sweets that you and your body will

love. Focused around nutrient-rich whole foods and the rich flavors and traditions of the Mediterranean, The Mediterranean DASH Diet Cookbook will help you learn everything you need to know to master this naturally healthy and delicious way to eat. The Mediterranean DASH Diet Cookbook includes: Friendly diet advice-- Discover a complete and concise guide that explains how and why this hybrid diet works, as well as the best ways to integrate it into your day-to-day lifestyle. 100 Mediterranean DASH diet recipes--Get the best of both worlds with this collection of heart-healthy dishes that includes plenty of pescatarian-friendly and plant-based options. Easy-to-make--Not a chef? Keep your kitchen stress-free (and your blood pressure even lower) with meals that anyone can learn to cook. Dive straight into this tasty new way to eat (and live) healthier with the help of The Mediterranean DASH Diet Cookbook.

The DASH Diet 30-Minute Cookbook-Christy Ellingsworth 2015-07-03 "Contains material adapted from The everything DASH diet cookbook by Christy Ellingsworth and Murdoc Khaleghi, MD, copyright A2012 by F+W Media, Inc."--Title page verso.

The DASH Diet Action Plan-Marla Heller 2007 The DASH Diet Action Plan is the user-friendly teaching guide to the DASH diet. Initially, many people find it difficult to follow the DASH diet. This book makes it simple to understand and put into practice. The book makes it easy to lose weight with the DASH diet, and it has realistic ways to add exercise. Although the book was not intended to be an aggressive weight loss book, people are writing to say that they have surprised themselves by finding it easy to lose weight following the plan! Many people find the DASH diet to be hard to implement and sustain in a hectic lifestyle. The average American gets 2 - 3 servings of fruits and vegetables combined each day, so following the DASH diet may seem daunting. The DASH Diet Action Plan book is designed to help you with more than just "what" is involved with the DASH diet, it also shows you "how." How to follow the DASH diet in restaurants, how to lose weight, how to make over your kitchen to make it easy to follow your plan, how to fit in exercise, how to reduce salt intake, how to add vegetables even if you "hate" vegetables. And the book helps you make your own personal plan with specific steps you will

take to fit the DASH diet into your daily routine. Our readers say that this is the best DASH diet book! Your step-by-step plan will include: setting your goals for blood pressure and cholesterol, determining the calorie-level you need for maintenance or weight loss, developing meal plans, developing a realistic exercise plan, adjusting the DASH diet to accommodate other health problems, choosing the key DASH diet foods, reading food labels, and learning how to incorporate more vegetables in your diet, and setting up your kitchen to make it easy to stay on track. This book was written by a registered dietitian who is experienced in helping people make sustainable behavior changes, and make healthy eating part of their real lives. She knows that people need flexibility and options to choose different approaches, since not everyone has the time or the interest in cooking or making drastic changes in how they eat. The book incorporates tools that will help you plan the specific steps you will take to adopt the DASH diet. Research shows that people who make concrete plans are more likely to be successful with adopting new health behavior. This should improve your ability to lower your blood pressure (and cholesterol), without medication.

Dash Diet Cookbook for Beginners-Victoria Wills 2020-12-07 Are you looking for a collection of simple tasty low-sodium recipes to enjoy a healthy and energetic life without relying on strange smoothies or powders? The reality is: if you want to lose weight, live well and not run into serious health problems, you need to follow a balanced diet. If you have tried any other diet currently on the market, you will surely know that you must follow incredibly boring plans or unnatural regimes involving the intake of dubiously sourced powders! It's literally hell! In this way, your emotions, your mind and even your body will associate diet with discomfort to avoid and make you pay for it! That's for sure! ☐ When you are on a diet, one of the most important things is to be at peace with yourself, eating your favourite food with the peace of mind that you can enjoy it! With this cookbook guide, you will learn how to lose weight with the award-winning DASH diet. You will find all the information you need to choose the plan that best suits your body and your personal needs in a collection of simple, healthy and quick recipes that will effectively tackle hypertension. Here is a preview of what you will discover: Everything you need to know about this diet and its many

benefits How the DASH diet is not just a diet but a real lifestyle Healthy and tasty recipes for lunch that will give you the right boost all day long Simple and light recipes designed for dinner that will allow you to sleep with a smile. Are you a vegetarian? No problem! Dozens of recipes dedicated to vegetable lovers A 28-days meal plan tailored to make the DASH diet a simple and fun habit free of headaches And much, much more! Developed by the world-famous Harvard University, the DASH diet is the diet par excellence. A scientifically proven dietary approach that guarantees excellent results in blood pressure regulation. Thousands of people have already achieved amazing results, recording a remarkable weight loss in just 2 weeks from the end of this book...and the next one could be you. Everything you need to get started is simple: Click on "Buy Now with 1-Click" to start your journey today!

DASH DIET COOKBOOK FOR TWO-Danielle de Mayo 2021-07-21 The DASH DIET is the DIET that works! Just follow the instructions and recipes in the book and discover that it works as many others already did. With Dash Diet, you can enjoy tasty meals and snacks, and you do not need to starve. Healthy benefits with DASH diet are: - low blood pressure - loss weight - control diabetes - low cholesterol and many more to discover in the book. 50 simple and tasty recipes for breakfast, lunch, dinner, and desserts.

Dash Diet 2021-Amz Publishing 2021-01-14 The last two decades have witnessed a sudden rise in people with cases pertaining to high blood sugars. In fact, the number of people just doubled during this time with even the young people attracting to the disease. With so many people failing to control blood pressure, it is safe to say that our millennial lifestyle has played a great role in making t such a worrisome signal. To counter the same, the United States Department of Health and Human Services has promoted the DASH diet, an effective way to counter hypertension among people. The Dash diet is a result of scientists' carefully studying the various food items that will help the peoples to control the shooting of blood pressure levels. To ensure that following the Dash diet does not become cumbersome and monotonous, here is the Dash Diet cookbook that has been made keeping in mind the accredited foods that help lower blood pressure. The recipes mentioned in

this Dash Diet cookbook will keep you stay in track with a healthy lifestyle. You will not only witness the gradual decline in blood pressure but also enjoy the process by dwelling on recipes that are simple to cook and taste great at the same time. This Dash diet for beginners' book has a detailed 21-day meal plan that includes Dash Diet breakfast, Dash Diet lunch and Dash Diet dinner recipes. With the help of this Dash Diet cookbook, you will never be left out just because of rising blood pressure. Enjoy the recipes and make most of the healthy eating. With this book by your side, no two days will ever be shamefully monstrous, never again. Eat healthy, stay healthy.

Dash Diet Cookbook-Publications International 2018-12 Originally created as a dietary approach to stop hypertension, the DASH diet has since proven to be a popular weight loss diet as well. Following principles of healthy eating, it offers a plan rich in fruits and vegetables, lean meats and low-fat dairy foods, nuts, and beans, while limiting sugars and fats. Choose recipes that fit into meals, snacks and desserts, and you'll find a healthy way to lose weight successfully and keep it off for good!

Dash Diet Meal Prep for Beginners-Dana Angelo White 2021-05-04 Lower your high blood pressure with a DASH of this diet! Your doctor says your blood pressure is a little high. They suggest the usual remedies: more exercise and a better diet. But you need specifics. Where do you turn? You turn to the table of contents in DASH Diet Meal Prep for Beginners. With the Dietary Approaches to Stop Hypertension (DASH) diet, getting more potassium, magnesium, protein, fiber, and other nutrients and minerals for controlling blood pressure into your healthy eating regimen is essential. Studies have shown that these are all vital for strengthening your heart health. If there's ever a diet that proves the way to your heart is through your stomach, the DASH diet is that diet--and DASH Diet Meal Prep for Beginners is the book for you. This cookbook includes these features: -100 DASH diet recipes with helpful nutritional information, including calories, fat and sodium -Six weekly meal plans to help you prep DASH dishes -Expert advice from Food Network nutritionist Dana Angelo White on how to transition to and maintain the DASH diet If you want to lower your risks of heart disease, kidney disease, and stroke, the

DASH diet is for you--and DASH Diet Meal Prep for Beginners is your guide to making lifelong changes to how and what you eat.

The DASH Diet Health Plan: Low-Sodium, Low-Fat Recipes to Promote Weight Loss, Lower Blood Pressure and Help Prevent Diabetes-John Chatham 2012-06-06

While fad diets come and go, the DASH diet is here to stay. Based on research by the National Institutes of Health, and endorsed by top-tier medical institutions like the Mayo Clinic and the American Heart Association, the DASH diet is a scientifically proven method to lose weight and become healthier. With the DASH diet's straightforward approach to reduce sodium and improve overall cardiovascular health, participants have experienced benefits that include lower blood pressure, lower cholesterol levels and a reduced risk of diabetes. In The DASH Diet Health Plan, bestselling health and nutrition author John Chatham compiles the findings of the medical and scientific community into a comprehensive book that makes it easy to put the DASH diet into action. Enjoy the following benefits in this comprehensive guide: *99 DASH-approved Recipes, ranging from hearty lunches to savory desserts, and all the snacks in between *147 Dash-approved Foods, ranging from meats and seafood to sweets *The DASH Diet Guide includes tips for navigating your way through the grocery store and helps you start eating a healthy diet *28-day DASH to Fitness workout plan provides step-by-step exercise routines to accelerate your weight loss and jumpstart your health regimen *14-day Menu Planner to help you get started Lose weight, improve health and reduce your risk of heart disease with John Chatham's The DASH Diet Health Plan. It's time to DASH to a healthier you.

THE COMPLETE DASH DIET COOKBOOK-

Daniel Taylor 2021-06-02 **55% off for your Bookstores! Now at 10\$ instead of 34,95\$!! ** **If you buy this cookbook, your customers will not stop thanking you and will return to your store frequently** When it comes to non-fiction, cooking books are in the world's top ten best-selling genres. A well-written cooking book appeals to every person who wants to cook at home or discover a new way to nourish his/her body. We all eat, and most of us prepare our meals at home. But we are always looking for something new. We want to experiment and

expand our knowledge to taste something different while keeping our body healthy and in shape. With the DASH diet, it is possible to give our body everything it needs without sacrificing the most enjoyable aspects of food: taste, aroma and colors. In this book, everyone can learn how to prepare meals at home, which are easy and fast, but at the same time tasty and nutritious. This manual has been created by nutritional experts and chefs to have balanced and delicious dishes for every taste and offers tons of recipes and secrets for outstanding results. Our Cookbook is ideal for Christmas or birthday presents, or for anyone who wants to learn new tasty and healthy recipes. Order this cookbook today and offer your clients the chance to learn how to cook delicious and healthy meals at home. What do you waiting for? BUY THIS AMAZING BOOK NOW, AND LET YOUR CUSTOMERS GET ADDICTED TO THESE RECIPES!!

The Dash Diet Weight Loss Solution-Marla

Heller 2014-07-03 Using the key elements of the DASH (Dietary Approaches to Stop Hypertension) diet and proven, never-before-published NIH research, leading nutrition expert Marla Heller has created the most effective diet for quick-and lasting-weight loss. Based on the diet rated the #1 Best Overall Diet by Us News & World Report," this effective and easy program includes menu plans, recipes, shopping lists, and more.

The Easy Dash Diet Cookbook-Healthy

Publishing 2021-03-27 55% OFF for Bookstores only! BUY NOW at \$29.95 instead of \$38.95! Are you looking for a collection of simple tasty low-sodium recipes to enjoy a healthy and energetic life without relying on strange smoothies or powders? The DASH diet was ranked the #1 best overall diet for 2020 by panel of health experts. Get started on a path to better health and weight loss with these recipes that follow the Dietary Approaches to Stop Hypertension eating plan. The Easy DASH Diet Cookbook will show you how to use a DASH diet to effectively lose weight, improve your health, and reduce your risk of heart disease, with over 150 delicious DASH diet recipes including low-sodium versions of your favorite foods: Breakfast Recipes Lunch Recipes Dinner Recipes Dessert Recipes Seafood Recipes Salad Recipes Juice and Smoothies Recipes DASH diet guidelines with detailed explanations of the health benefits and scientific

studies surrounding the DASH diet 7 day Meal Plan Remember that you don't have to be a nutritionist or an experienced chef to put everything together. This book will give you everything you need in the most easy-to-execute and straightforward way! Hit the ground running on your new diet thanks to The Easy Dash Diet Cookbook Buy it NOW and let your customers get addicted to this amazing book!

The Dash Diet Cookbook-Michelle Moreno
2020-03-27 Dash diet is one of the most popular and healthy diets. People all over the world already proved the miracle effect of this diet plan. This dash diet cookbook will help you to be healthier, normalize and lower blood pressure, and at the same time to lose weight and become better outside and inside. This dash diet recipe book has dozens of advantages. Let's look the most essential of them: The book contains a separate chapter for vegan and vegetarians. All recipes are appropriate for beginners as for chefs The meals which are represented in the cookbook are able to fight with hyper-tension and help in weight loss. A comfortable amount of servings, both for large companies and for a small family or couples Recipe step by step description and simple cooking directions makes this book easy even for busy professionals Total cooking time is separated into cooking and preparation time Only brand new recipes of 2020. In this book you will also learn: What to eat and avoid during the dash diet. This item is very important for people who have just started the dash diet way and are confused in the food that is allowed, forbidden or can be eaten in moderation. Dash diet tips. When you just switch your day meal plan you need some hints which allow you to do it right and in an easier way. Our small tips will help to quickly and better root the dash diet in your day and will become a habitual way of life. Conversion tables. This item will help you to easily cook your favorite dash diet recipes in any part of the world and not to think about how to convert the weight of the ingredients. There are no obstacles anymore to change your life. Get your personal cooking guide right now and stay awesome!

DASH Diet Detox-Kate Barrington 2015-12-22 A POWERFUL, EASY-TO-FOLLOW CLEANSE UTILIZING THE SCIENTIFICALLY-PROVEN DASH DIET—THE #1 OVERALL DIET BY U.S. NEWS & WORLD REPORT FIVE YEARS IN A

ROW Shedding pounds, lowering blood pressure and detoxing your body have never been easier thanks to the DASH Diet Detox. This helpful handbook offers all the tools you need for a healthy weight loss plan, including: •Easy-to-use 14-day meal plans •Delicious recipes for every meal •Ready-to-go shopping lists •Superfood suggestions for natural detoxing •Tricks for breaking unhealthy habits •Advice on transitioning from detox to diet Drawing from the diet rated #1 overall by U.S. News & World Report five years in a row, the DASH Diet Detox shows you how to quickly lose pounds and start living a healthier life today.

The Dash Diet Cookbook 2021-Emily Smith
2020-12-31

DASH Diet Cookbook for Beginners-Liam Sandler 2019 "21-day dash diet meal plan to lose weight & lower your blood pressure"--cover.

The DASH Diet Younger You-Marla Heller
2014-12-30 New York Times bestselling author and DASH Diet specialist Marla Heller reveals groundbreaking research to help prevent and even halt signs aging through a combination of DASH-approved superfoods and strategies designed to target aging. The most trusted brand in diets--the DASH diet--has helped millions of people lower blood pressure, lose weight, and improve their health. Now, in this groundbreaking new program, it can help you look and feel 20 years younger! Marla Heller, New York Times bestselling author and premier DASH (Dietary Approaches to Stop Hypertension) dietitian, has combined key elements of the DASH diet with the latest cutting-edge research to develop a program that can halt and even reverse many of the effects of aging. Based on the diet rated the #1 Best Overall Diet by U.S. News & World Report, THE DASH DIET YOUNGER YOU reveals five age-defying strategies designed to target the root causes of aging, including Oxid-Aging, Inflamm-Aging, and Glyc-Aging. You'll lose weight and turn back the clock while enjoying a delicious diet of antioxidant rich superfoods, satisfying plant-based meals, and foods that promote healthy gut bacteria and decrease inflammation and cravings. Featuring a natural detox that fights aging at the cellular level and proven blood pressure "busters," this powerful program will

help you erase years with visible and measurable results. In just 10 weeks, you can: Reverse the diseases of aging Fortify and rejuvenate hair and skin Revitalize and strengthen bones, muscles, and joints Improve heart health and blood pressure Lose weight, especially in the tummy Look and feel younger, healthier, and slimmer! Complete with 28 days of meal plans and over 75 delicious recipes, **THE DASH DIET YOUNGER YOU** has everything you need to look and feel years younger!

The Quick & Easy DASH Diet Cookbook: 77 DASH Diet Recipes Made in Minutes-

Rockridge Press 2014-02-18 Easily add fresh DASH diet meals to your daily life with **The Quick & Easy DASH Diet Cookbook**. If you're among the 50 million Americans who suffer from hypertension, then the DASH diet, rated #1 Best Diet Overall by U.S. News & World Report, can help you lower your blood pressure, lose weight, and prevent disease. **The Quick & Easy DASH Diet Cookbook** will show you how to create fast and simple DASH diet recipes, packed with hearty vegetables, lean meats, and whole grains, and low in salt and cholesterol. Each recipe in **The Quick & Easy DASH Diet Cookbook** is delicious and healthy, and can be made in under 30 minutes. **The Quick & Easy DASH Diet Cookbook** will show you how to make fast and tasty meals that can improve your heart health, with:

- 77 easy DASH diet recipes, such as Lemon-Blueberry Muffins, Fruit Salad with Fresh Mint, and White Chicken Chili
- 9 money- and time-saving tips for eating on the DASH diet
- Grocery shopping guide
- Advice on cooking your favorite foods with less sodium
- Instructions for creating a DASH diet meal plan

With wholesome recipes and clear-cut advice, **The Quick & Easy DASH Diet Cookbook** makes heart-healthy eating simple and fast.

DASH Diet For Dummies-Sarah Samaan 2014-09-02 Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension—a condition that affects 970 million people worldwide, and is classified by the World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in your arsenal. Focusing on lowering sodium intake and

increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. **DASH Diet for Dummies** is your ultimate guide to taking control of your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss, and more. **DASH Diet for Dummies** contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts 100+ DASH-approved foods, including meats, seafood, sweets, and more Tips for navigating the grocery store and choosing healthier fare A 14-day Menu Planner to help you get started today **The DASH Diet** is built upon the principles of healthy eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. **DASH Diet for Dummies** is your roadmap on the journey to good health, so get ready to start feeling better every day.

The Dash Diet Cookbook 2021-Gwenda Smith 2020-12-09 Looking For A Way To Improve Your Health And Lower Hypertension? Then Try Out This Rich Dash Diet Recipe Book and Use Food As Natural Medicine! Many times people do not pay attention or neglect how they fuel their bodies. Unfortunately, this results in different symptoms that we stumble upon through our lives - high blood pressure is among the most common ones... One of the first things that appear in our mind is to consult with our General Practitioner. He does the check, identifies the problem, then turns back to you, giving you an examining look and saying: "How is your diet...?" It must be one of these Oooops moments... You just realize that it has not been on point for quite some time now... Something needs to change... and it better be quickly... He then mentions that low-sodium meals have a beneficial effect on hypertension... So Does The Dash Diet (It's even contained in the naming - Dietary Approaches to Stop Hypertension). It even has the ability to have an impact on weight loss! As you go through This Diet Plan, you will: - Get Access To 500 Quick and Easy Dash Diet Recipes

to drastically lower blood pressure and hypertension - Find a Balanced Variety of Plant-Based Recipes, Fruits, Vegetables and Lean Protein to satisfy your hunger in every situation - Naturally Improve Your Current Health State without spending a fortune on drugs and medicine - Reveal Carefully Selected Meals and be as energetic as a youngster - Promote Fat Loss and not only feel the benefits, but also see them in the mirror ... And much more... They say that good things take time, but... It Is Scientifically Proven That The Dash Diet Can Lower Blood Pressure In Less Than 14 Days! The important thing is to be mindful about how you take care of yourself - Happy Body, Happy You! Eager To See The Positive Change...? ... Order Your Copy and Let The Recipes Take Care Of The Rest!

Dash Diet Cookbook 2020-Elizabeth Ryan
2020-01-21 Would you like to be able to join a diet that helps you lose weight and keeps you healthy at the same time? How about one that lowers blood pressure, which could help you avoid heart complications later in life? This isn't to sound scary, but more to bring awareness that there are diets out there that can help you with longevity and overall health in life. The DASH diet (Dietary Approaches to Stop Hypertension) is a diet based on clinical investigations. The goal of this diet, along with research, is to reduce hypertension (also known as abnormally high blood pressure) and lower the chances of heart and cardiovascular complications in life. What makes this book different from others? This book is a comprehensive guide toward getting started with the DASH diet, its benefits and how it empowers you to take control of your health in a non-restrictive fashion. With some diets and books, people may feel overwhelmed and may also feel like they're not being supplied with the proper information. They may also be asking, "Is this right for me?" This book helps answer all of those questions and provides readers with the necessary information to get started and in a step-by-step fashion so that you're NOT overwhelmed. Benefits and helpful information found in this book: How the DASH diet can apply to anyone from any age group. How it can aid with weight loss. The fundamentals on how it works and the science behind its goal of reducing hypertension. The positive effects of this diet on the circulatory system. How moderate salt intake can be beneficial for your health. Clinical facts and research behind this diet. Research and data

behind hypertension and how is affected by it. Foods to eat, sample meal plans and guidelines to help you stay in line with your goals on the DASH diet. Guidelines for dairy, meats, fruits and vegetables that should be consumed. Benefits of HIIT (High Intensity Interval Training) and routines that you can use. If you're ready to take charge of your overall health, aid in weight loss, and even positively impact heart health, then scroll up and hit "Buy Now" to get your copy of DASH DIET today and start implementing healthy habits! 100% SATISFACTION GUARANTEED!

DASH Diet Cookbook High Protein-Janeth Cole 2021-05-21 ***Get this book and the other books in this series at a discounted price if you run a bookstore. The books in this series focus primarily on how to adopt the DASH Diet as a man, woman, family or busy person*** You won't find this book (and the other books in the same series) Online at a discounted price, you can trust me! Are you an athlete who is transitioning to the DASH diet but wondering if it is the right fit for you and if it can meet your daily nutritional/protein requirements? And are you looking for a comprehensive cookbook that will help you to transition into the DASH diet without feeling like your meal options are limited or feeling like you might lose muscle or affect your athletic performance? If your answer is YES, then read on... Let This DASH diet Cookbook Support You Throughout Your Athletic Journey With Its 260+ Budget-Friendly Recipes! A DASH diet might be what your body needs to push you to the next level of athletic performance - especially thanks to its ability to increase the oxygen supplied to the muscles, as this increases endurance, helps with muscle repair and recovery and lots of other benefits! The fact that you are here means you've probably come across a thing or two about the DASH diet is a great option for athletes and are curious to adopt it. Perhaps you are wondering... What DASH diet foods are best for athletes? Where will you get the much-needed proteins that you need for muscle repair and recovery? Are there meals that I can prepare on a budget and within a short period? How does the DASH diet benefit me as an athlete? If you have these and other related questions about the DASH diet, keep reading, as this 2 in 1 cookbook has a wide collection of plant-based diet recipes to help you improve your performance and your body in the best state possible, without spending a fortune while at it.

Here is a snippet of what you'll find in this cookbook: The basics of the DASH diet and how it works for athletes More than 260 finger licking DASH diet recipes that you can prepare on a budget and quickly for your breakfast, lunch, dinner, snacks, juice, and much more Complete recipes, with easy-to-follow step by step instructions, with nutritional information, and ready-to-find ingredients A 7 Day Dr Cole's Strong Muscles Diet Plan to help you adopt the DASH diet without worrying about what to eat and when And much more... Regardless of whether you are a runner, bodybuilder, or in any athletic profession this cookbook will help you reap the benefits of the DASH diet to help improve your performance. Your customers will be bewitched by the content in this book! Click the Buy button NOW!

DASH Diet Cookbook For Men-Janeth Cole 2021-05-20 ***Get this book and the other books in this series at a discounted price if you run a bookstore. The books in this series focus primarily on how to adopt the DASH Diet as a man, woman, family or busy person*** You won't find this book (and the other books in the same series) Online at a discounted price, you can trust me! Do you wish to adopt the DASH Diet the right way to benefit from its wide array of healthy food options so you can build muscle, lose weight, optimize your health and more? And are you looking for a collection of recipes to choose from to make it seamless for you to adopt the DASH Diet without giving up your favourite foods? If you've answered YES, Let This Cookbook Make It Easy For You To Adopt The DASH Diet With Its Collection Of Mouthwatering Recipes That Will Ensure You Achieve Great Results While Following The Diet! The DASH Diet is touted for being the healthiest diet in the world. And if you are a man, the diet offers a wide array of benefits thanks to the many healthy ingredients that easily boost men's health and effectively help fight off some of the greatest health problems men struggle with like cancer, heart disease, diabetes and many others. The fact that you are here means that you've probably adopted a DASH Diet already and are looking to get the most out of it by adopting the best men-centric meal options and are probably wondering... What's the best way to adopt the DASH Diet as a man? What food options are best suited for men? How do you translate the different men-friendly foods into mouthwatering meals? What would a typical meal plan look like,

especially if you don't want to give up your favorite foods? If you have these and other related questions, this book is for you so keep reading. Inside this book, you'll find: Why you should get started on the DASH Diet How the DASH Diet works and what it is all about A collection of tasty and delicious DASH recipes, categorized into breakfast, rice and grain, side and salad, main means, soups, pasta and pizza, appetizer and snack and desserts and more Recipes that are specially designed for each skill level and level of commitment Budget friendly and easy to find ingredients for each recipe The recipes are complete with the required preparation time, serving time and number of servings for each recipe The nutritional value found in each recipe Clear and concise instructions on how to prepare each meal A 7 day Dr. Cole's Muscle Meal Plan for men to help make sure you don't feel lost while following the diet And much more Whether or not you started following the DASH Diet plan, the recipes in this book will be a total game changer because not only will you feel satisfied but you'll also be able to manage your weight and live a healthier life! Your customers will be bewitched by the content in this book! Click the Buy button NOW!

Mediterranean Dash Diet Recipe Book-Kathryn Solano 2021-06-24 Would you like to discover a new healthier way to eat that will make you lose weight while feeling better? Do you want to learn more about the Dash Diet? If yes, then keep reading! The Dash Diet recommends a dietary lifestyle change as opposed to quick fixes. You are encouraged to eat a wide range of nutrient-dense foods, mainly fruits, low-fat dairy products, lean meats, vegetables, and whole grains. Another essential component of the diet is reduced sodium intake. The Mediterranean diet has a big reputation, as one of the healthiest eating patterns around, and it's considered one of the most popular plans among dieters because it's super-rich in flavorful foods, it's flexible, and it brings many health benefits. The recipes in this cookbook include healthy ingredients that will also impress you and your family with delicious flavours that these recipes provide. DASH or Dietary Approaches to Stop Hypertension mix with a Mediterranean Diet is a selection of foods that are specially targeted to help lower blood pressure and decrease the chances of cardiovascular diseases and have possibility to enjoy delicious dishes, based on the traditional dishes of Italy, Spain,

Greece, and France that promote a healthy and quick weight loss while letting you taste incredible foods. Just scroll to the top of the page and click the "BUY NOW" button to grab your copy now!

DASH Diet Cookbook For Beginners-Janeth Cole 2021-05-28 Are you thinking about a DASH Diet and curious about how to grow your muscles, fight Hypertension, optimize your prostate health and much more without spending a fortune? And looking for a great collection of delicious DASH Diet recipes designed specifically with a man's body and health needs in mind, so you'll no longer feel lost following a DASH Diet? If your answer is YES, then read on.... Let this book introduce you to 250+ of the best hand-picked DASH Diet recipes a man can find on a budget! There's no doubt that adopting a DASH Diet changes everyone's health. However, as you know, men's and women's bodies are different in so many ways, so a cookbook designed specifically for men might be a better choice for you as a man than one geared towards general dieters! And of course, if you can keep your costs down by trying to adopt a DASH Diet, you can be sure that it will be very sustainable in the long run. This 2-in-1 book offers just that, with over 250 recipes! Perhaps you are wondering... Is there really a difference between men and women when it comes to adopting a DASH Diet? Which foods should I eat on a DASH Diet and which should I avoid, especially if I'm a man? Can I still follow a DASH Diet with a limited budget and time? I am not a good cook; are the recipes in this book suitable for beginners? Can I add variety to my food choices to make them feel different? If you have these and other related questions, then this 2-in-1 cookbook is what you need, as it has a great collection of recipes with easy-to-follow steps, nutritional information and easy-to-find ingredients to ensure you have an easy time following your diet. In this book you will find: How a DASH Diet can help you and make you healthier as a person More than 200 DASH Diet recipes that you can prepare in the comfort of your own home for breakfast, lunch, dinner, smoothies, juices, snacks and more. Complete recipes with detailed step-by-step instructions for men that can be prepared on a budget, complete with ready-to-use ingredients and nutritional information. Meal plans to help you adopt a DASH Diet to effortlessly build and shape your body without hating the food you eat And much more... Even if you're not a good cook,

or if you already have some experience with DASH eating and are looking for more food choices, this book will be very useful for you! Scroll up and click Buy Now in 1 click or Buy Now to get started!

The Best Mediterranean Dash Diet Cookbook-Kathryn Solano 2021-06-24 Would you like to discover a new healthier way to eat that will make you lose weight while feeling better? Do you want to learn more about the Dash Diet? If yes, then keep reading! The Dash Diet recommends a dietary lifestyle change as opposed to quick fixes. You are encouraged to eat a wide range of nutrient-dense foods, mainly fruits, low-fat dairy products, lean meats, vegetables, and whole grains. Another essential component of the diet is reduced sodium intake. The Mediterranean diet has a big reputation, as one of the healthiest eating patterns around, and it's considered one of the most popular plans among dieters because it's super-rich in flavorful foods, it's flexible, and it brings many health benefits. The recipes in this cookbook include healthy ingredients that will also impress you and your family with delicious flavours that these recipes provide. DASH or Dietary Approaches to Stop Hypertension mix with a Mediterranean Diet is a selection of foods that are specially targeted to help lower blood pressure and decrease the chances of cardiovascular diseases and have possibility to enjoy delicious dishes, based on the traditional dishes of Italy, Spain, Greece, and France that promote a healthy and quick weight loss while letting you taste incredible foods. Just scroll to the top of the page and click the "BUY NOW" button to grab your copy now!

Mediterranean Dash Diet Cookbook 2021-Kathryn Solano 2021-06-24 Would you like to discover a new healthier way to eat that will make you lose weight while feeling better? Do you want to learn more about the Dash Diet? If yes, then keep reading! The Dash Diet recommends a dietary lifestyle change as opposed to quick fixes. You are encouraged to eat a wide range of nutrient-dense foods, mainly fruits, low-fat dairy products, lean meats, vegetables, and whole grains. Another essential component of the diet is reduced sodium intake. The Mediterranean diet has a big reputation, as one of the healthiest eating patterns around, and it's considered one of the most popular plans

among dieters because it's super-rich in flavorful foods, it's flexible, and it brings many health benefits. The recipes in this cookbook include healthy ingredients that will also impress you and your family with delicious flavours that these recipes provide. DASH or Dietary Approaches to Stop Hypertension mix with a Mediterranean Diet is a selection of foods that are specially targeted to help lower blood pressure and decrease the chances of cardiovascular diseases and have possibility to enjoy delicious dishes, based on the traditional dishes of Italy, Spain, Greece, and France that promote a healthy and quick weight loss while letting you taste incredible foods. Just scroll to the top of the page and click the "BUY NOW" button to grab your copy now!

The DASH Diet Health Plan Cookbook-John Chatham 2013-02-11 DO YOU REALLY WANT TO ENTRUST YOUR HEALTH TO A FAD? The DASH Diet Cookbook provides a straightforward approach to losing weight, reducing hypertension, and improving overall cardiovascular health. Fad diets come and go, but the DASH diet is here to stay. Based on research by the National Institutes of Health, and picked by US News & World Report as its number-one choice in Best Diets Overall, Best Diets for Healthy Eating, and Best Diabetes Diets, the DASH diet rises above the noise of the gimmicky weight-loss plans year after year. In The DASH Diet Cookbook, best-selling health and nutrition author John Chatham compiles over 75 delicious recipes along with the findings of the medical and scientific community in a comprehensive book that makes it easy to put the DASH diet into action. • The DASH Diet Cookbook includes over 75 easy, delicious, and DASH-approved recipes, ranging from breakfast smoothies to hearty lunches, and all the snacks in between. • The DASH Diet Foods List outlines a roadmap toward a healthier lifestyle, with an index of over 125 food items that are allowed and not allowed. • The Body Mass Index Assessment Form provides easy guidelines for learning how to customize your daily caloric requirements. Lose weight, improve your health, and reduce your risk of heart disease with John Chatham's The DASH Diet Cookbook.

The Dash Diet Cookbook 2021-Emily Smith 2020-12-26 Do you want to lose weight while keeping your blood pressure in check? Are you

trying to reduce your salt intake but struggle with being on a diet? If you want to normalize and lower your blood pressure to be healthier, or if you are looking for delicious recipes for your Dash Diet journey, then keep reading. DASH stands for "Dietary Approaches to Stop Hypertension" and is a world-famous low-sodium diet specifically designed to reduce the blood pressure in those who follow it. DASH diet is also very helpful in preventing the development of other diseases such as obesity and osteoporosis. By lowering hypertension, the DASH Diet benefits those at risk or already fighting against Type 2 diabetes. What makes this book different from others? This book is a comprehensive guide toward getting started with the DASH diet, its benefits and how it empowers you to take control of your health in a non-restrictive fashion. With some diets and books, people may feel overwhelmed and may also feel like they're not being supplied with the proper information. They may also be asking, "Is this right for me?" This book helps answer all of those questions and provides readers with the necessary information to get started and in a step-by-step fashion so that you're NOT overwhelmed. Benefits and helpful information found in this book: How the DASH diet can apply to anyone from any age group. How it can aid with weight loss. The fundamentals on how it works and the science behind its goal of reducing hypertension. The positive effects of this diet on the circulatory system. How moderate salt intake can be beneficial for your health. The best foods to power you through the diet and reach your goals. The single most powerful way to lower cholesterol and reduce blood pressure. How to cook some traditional meals without breaking your diet plan. Innovative breakfast, lunch, and dinner recipes. Delicious vegetarian and vegan recipes. Many options about how to cook your favorite proteins (beef, chicken, lamb, pork, fish, etc..) Clinical facts and research behind this diet. Research and data behind hypertension and how is affected by it. Foods to eat, sample meal plans and guidelines to help you stay in line with your goals on the DASH diet. Guidelines for dairy, meats, fruits and vegetables that should be consumed. Benefits of HIIT (High Intensity Interval Training) and routines that you can use. Even if you have tried and failed to stick to a diet before, the recipes and tips included in this guide can boost your resilience and help you remain on track towards your health and weight goals! Whether you are new to DASH Diet and are taking the first steps to improve your body and

health, or are just looking for some new recipes to make your DASH meals enjoyable, this is the book you are looking for. 100% SATISFACTION GUARANTEED!

DASH Diet Cookbook For Beginners-Janeth Cole 2021-05-25 Are you thinking about a DASH Diet and curious about how to grow your muscles, fight Hypertension, optimize your prostate health and much more without spending a fortune? And looking for a great collection of delicious DASH Diet recipes designed specifically with a man's body and health needs in mind, so you'll no longer feel lost following a DASH Diet? If your answer is YES, then read on.... Let this book introduce you to 250+ of the best hand-picked DASH Diet recipes a man can find on a budget! There's no doubt that adopting a DASH Diet changes everyone's health. However, as you know, men's and women's bodies are different in so many ways, so a cookbook designed specifically for men might be a better choice for you as a man than one geared towards general dieters! And of course, if you can keep your costs down by trying to adopt a DASH Diet, you can be sure that it will be very sustainable in the long run. This 2-in-1 book offers just that, with over 250 recipes! Perhaps you are wondering... Is there really a difference between men and women when it comes to adopting a DASH Diet? Which foods should I eat on a DASH Diet and which should I avoid, especially if I'm a man? Can I still follow a DASH Diet with a limited budget and time? I am not a good cook; are the recipes in this book suitable for beginners? Can I add variety to my food choices to make them feel different? If you have these and other related questions, then this 2-in-1 cookbook is what you need, as it has a great collection of recipes with easy-to-follow steps, nutritional information and easy-to-find ingredients to ensure you have an easy time following your diet. In this book you will find: How a DASH Diet can help you and make you healthier as a person More than 200 DASH Diet recipes that you can prepare in the comfort of your own home for breakfast, lunch, dinner, smoothies, juices, snacks and more. Complete recipes with detailed step-by-step instructions for men that can be prepared on a budget, complete with ready-to-use ingredients and nutritional information. Meal plans to help you adopt a DASH Diet to effortlessly build and shape your body without hating the food you eat And much more... Even if you're not a good cook, or if you already have some experience with

DASH eating and are looking for more food choices, this book will be very useful for you! Scroll up and click Buy Now in 1 click or Buy Now to get started!

Dash Diet Meal Prep-Maria-Paula Carrillo 2020-08-04 100 Easy, tasty recipes to lower blood pressure and lose weight--including 6 weeks of meal prep How do you improve on the doctor-approved, heart-healthy D.A.S.H. (Dietary Approaches to Stop Hypertension) diet? By adding in one huge additional benefit--meal prep. In today's hectic world, getting to the grocery store, cooking, and connecting at the dinner table is close to impossible. DASH Diet Meal Prep is here to help, with 6 weeks of delicious meal plans and a sustainable way of eating--and living. Streamline your week with 100 DASH diet healthy recipes from Blueberry Waffles to Sesame-Crusted Ahi Tuna Steaks, shopping lists, step-by-step instructions, and versatility--incorporating all five food groups and many foods that you already enjoy. Discover the DASH diet--a favorite of doctors, dietitians, and allied health professionals alike--as you save time and create new habits, all without sacrificing flavor and health benefits. This DASH diet cookbook includes: #1 Rated--Ranked the Best Overall Diet by U.S. News & World Report for 8 years. Biology 101--Explore how combining certain foods enhances their nutrients--for instance, fruits rich in vitamin C help you absorb iron from your meats or leafy greens. Customized--Learn to choose foods encompassing all five food groups as you personalize the DASH diet in ways that make sense for you. Let DASH Diet Meal Prep help you simplify improving your heart health.

DASH Diet Cookbook For One-Janeth Cole 2021-05-25 Have you recently adopted a DASH Diet but find yourself running short of options because all the recipes you can find all have too many servings, yet you only need to follow the diet alone? And would you be thrilled to find a collection of mouthwatering DASH Diet recipes that are specially created to be made by only one person - and of course don't want to break the bank while at it? If you answered YES, then keep on reading... You Are About To Discover Over 200 Mouthwatering DASH Diet Recipes Specially Meant For Just One Person! If you are tired of trying to adjust recipes to fit only one person, only to end up disappointed, because the balance of ingredients is just not right after the

adjustments, it makes sense that you are looking for recipes meant for only one person. Lucky for you, your search ends NOW, as you've found the perfect DASH Diet cookbook for just one person, while on a budget! Perhaps you are wondering... Are the recipes in this book easy to follow, complete with nutritional information, servings and step by step instructions? Will all the recipes help you achieve better health and push you closer to your health goals? Can you prepare the recipes on a budget? Does the book have a wide variety of recipes you can prepare for breakfast, main meals, snacks, desserts and more? Can someone with a busy schedule adopt the recipes in the book? The answer to all these questions is a YES so keep reading! More precisely, in this 2 in 1 cookbook, you will discover: - The basics of the DASH Diet and how it benefits you - More than 200 finger-licking and easy to follow recipes for your breakfasts, lunch, dinner, smoothies, juices, and more - Recipes for just one person so you can stop trying to 'force' recipes meant for many people to fit just one person An easy-to-follow Meal Plan to help you adopt the DASH Diet and stick to it without worrying about what to eat Step by step instructions, nutritional information, serving sizes and everything you need to follow the diet easily - And much more... Regardless of who you are, you can use this cookbook to whip up delicious and packed meals at the comfort of your home for those days when you are alone - all without spending time guessing how to adjust the recipes. You don't even need a lot of time, complicated ingredients or to be a good cook to follow the recipes in this book! Scroll up and click Buy Now With 1-Click or Buy Now to get started!

The Complete DASH Diet Book for Beginners-Nigel Methews 2018-08-19 Make your healthy heart a habit with the diet and meal plan in Lower Your Blood Pressure. As 54% of the 75 million Americans who suffer from hypertension know, leading a heart-healthy lifestyle is easier said than done. The standard American diet is filled with cheap, processed

foods that can lead to hypertension and other health problems. The longer you've eaten these foods, the more difficult it can be to swap them out for healthy, whole foods. The Complete DASH Diet for Beginners offers the easiest way of starting-and sticking with-the DASH diet by walking you through every step, ensuring your evolution to better health is as stress-free as possible. In The Complete DASH Diet Book for Beginners to lower your blood pressure, Nigel Methews, lays out an effective and easy to follow 14-day DASH diet meal plan to help you start and stick to healthy habits. Featuring over 50 low-sodium, high-potassium, and magnesium-filled recipes, Lower Your Blood Pressure is your kick-start guide to get your heart beating right. The Complete DASH Diet Book for Beginners sets you up for long-term weight loss and hypertension recovery by delivering: The Complete information about DASH Diet, How the DASH Diet helps with Weight Loss, Decrease Blood Pressure Naturally Food Dos and Don'ts A 14-day DASH diet meal plans that include suggestions for shopping on a budget and making the most of leftovers. More than 50 easy, Healthy Recipes for a Weight Loss, Lower Blood Pressure, and Prevent Diabetes As the author of numerous successful meal plan cookbooks, such as The Complete Ketogenic Diet Cookbook for Beginners and Type 2 Diabetes Diet Cookbook & Meal Plan, Nigel Methews knows what it takes to help readers improve their heart health and manage other concerning conditions. Now, in The Complete DASH Diet for Beginners, she shows you exactly what you need to do to achieve the results you want-and serves up everything you need to get there on one simple, delicious, heart-healthy platter. Just scroll up and select the "Buy now with 1-Click" Button - It's quick and easy! The Complete DASH Diet Book for Beginners is A Complete Guide with Delicious Recipes and a 14 Day Meal Plan!