



The Quick Easy DASH Diet Cookbook 77 DASH Diet Recipes Made in Minutes

By Rockridge Press

Rockridge Press. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 9.2in. x 7.5in. x 0.3in. Easily add fresh DASH diet meals to your daily life with The Quick and 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 and World Report, can help you lower your blood pressure, lose weight, and prevent disease. The Quick and 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 and Easy DASH Diet Cookbook is delicious and healthy, and can be made in under 30 minutes. The Quick and 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...



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