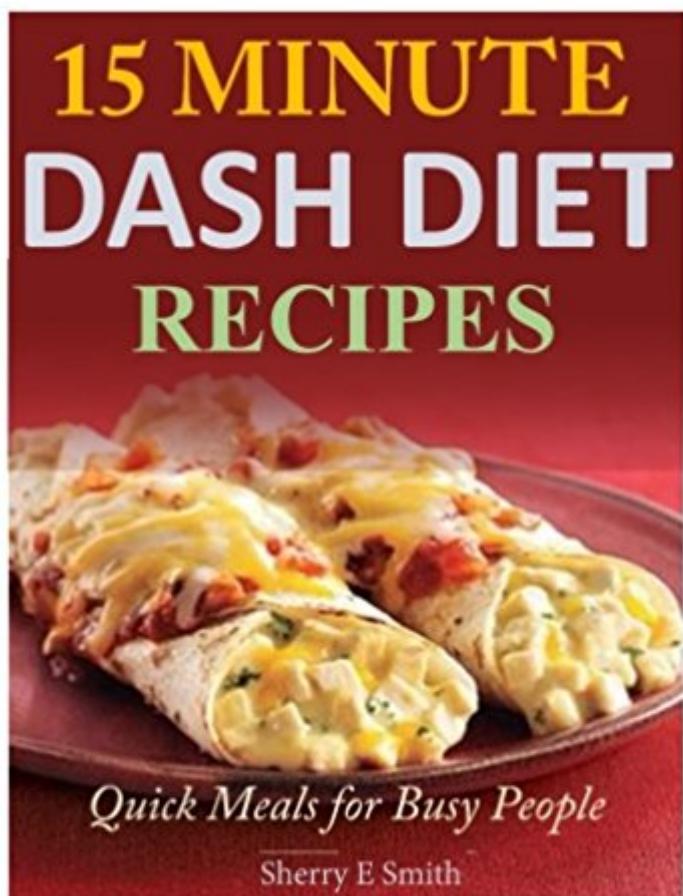


The book was found

15 Minute Dash Diet Recipes: Quick Meals For Busy People



Synopsis

Dietary approaches to stop hypertension (DASH) diet are an approach towards a balanced diet, which will help to maintain a healthier lifestyle and live longer. The DASH diets have been researched and approved to provide the claimed benefits by the National, Heart, Lung, and Blood Institute. This kind of diet includes foods, which are low in salt (sodium) and rich in nutrients, which prevent hypertension and helps lower blood pressure. Since the DASH diet includes healthy foods, it also helps to prevent other health concerns such as osteoporosis, diabetes, cancer, and heart diseases. In this e-book, you will find DASH diet recipes, which are well researched to provide the above mentioned health benefits. These recipes as well as being beneficial for health are also delicious, and can be made in a jiffy; to be exact, just under 15 minutes. What's more? Find Dash diet recipe for all phases, made in just 15 minutes, this eBook will give you: 1. Complete recipes with serving limit, cooking time and nutrition value 2. Dash diet recipes for all phases 3. Complete step by step directions to easily make the recipes So read ahead, to start living a healthier life!

Book Information

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Customer Reviews

The recipes are ok and fast, but lack suggestions for condiments to put a better taste into the food.

The book was ok, but some of the recipes were for over 10 people. That's not really practical. I live alone and that made for a lot of conversion.

This book just wasn't impressive. It reminds me of printing recipes from the internet. Would not recommend...

Poorly printed and bound--just use the great recipes in the DASH Diet book. You can find better recipes for free on Pinterest or the Internet.

Okay, but many of the recipes had ingredients that I didn't think you were to use like sugar, etc. Lots of cheeses in recipes.

Pictures inside are in B&W; food doesn't look as appetizing as if getting the full color of the dish.

needs better editing

Best ever plan. I adjusted to my needs and now it is just how I eat!

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