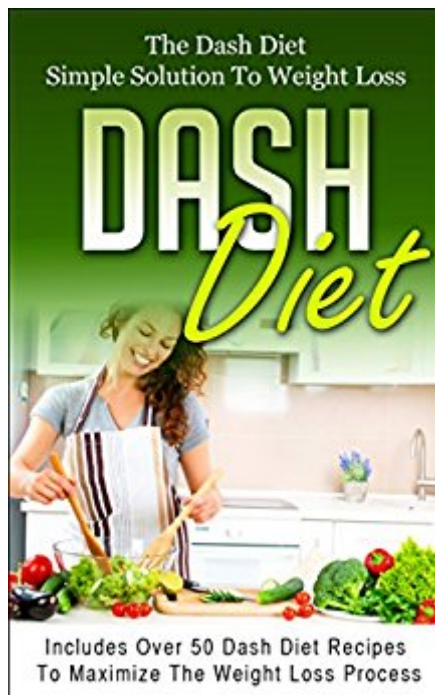


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# **DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... Cookbook, Dash Diet Weight Loss Book 1)**



## Synopsis

**\*DISCOVER THE AMAZING WEIGHT LOSS BENEFITS OF THE DASH DIET + 50 NEW RECIPES!** How would you like to lose weight by eating delicious foods? The DASH Diet is about lowering your blood pressure, decreasing the risk of heart disease, and controlling diabetes - at the same time losing weight by simply eating delicious foods! Sounds awesome, right? That is what this book is all about. **LEARN:-** What the DASH Diet is- The Advantages and Disadvantages of DASH Diet- DASH Diet Breakfast and Salad Recipes- DASH Diet Lunch and Snack Recipes- DASH Diet Dinner Recipes- Delicious DASH Diet Dessert Recipes To Get Started, Scroll Up To The Top-Right & Click The Orange Buy-Now Button.

## Book Information

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## Customer Reviews

I really like this book especially because it doesn't jump suddenly to the recipes but it first introduces the dash diet principles and concepts listing the advantages and disadvantages then it starts introducing the recipes. Secondly I like the way the author divided the book into

chapter separating the introductory to dash diet from the recipes and dividing the recipes part itself to breakfast, lunch, dinner and dessert recipes in a chapter for each.

This is a great book on the DASH diet. DASH diet is a diet that helps stop hypertension. The recipes in this book are easy to follow and delicious. You can find what type of meal you want to make quickly and easily using the table of contents. This book is a great tool to have on hand for anyone who needs to put an end to hypertension.

An outstanding book. I lead very healthy life and read a lot about various ways, diets, and recipes for healthy eating. This book contains a wide variety of recipes for all meals of the day, which are very easy to cook and can suit every taste and lifestyle. Also, the benefits of the diet and recommended foods are explained very clearly, so you can decide if it's your diet or not. Highly recommended for people who want to live healthier.

I wasn't aware of what Dash Diet was, that's why I choose this book. It answered all the questions I had and included delicious and some easy to make recipes. Although I have only tried the pumpkin tea smoothie I made sure to look over some other recipes and they all sounds delicious and healthy! Great book!

Dash Diet....I don't recall ever hearing that term before so it was interesting to read about it. I like that the author first tells you what the diet is and gives you a little background on its history. He then moves on to include some recipes for you to try, which was nice. Now, the parts that weren't so good. The formatting is horrendous and there are tons of typos throughout the book and in dire need of an editor!!

Great book on Dash diet. This kind of diet is not only for people who want to lose weight but for people who wants to be healthy and suffering from heart conditions. This is good for people who have hypertension because there is low sodium content for this diet. That's why it's one of the healthiest diets out there. My mom has hypertension so this book is really helpful for us.

I've been a dash diet fan for a couple of years now and am always looking for new recipes. This book has tons, and they're so yummy! My favorite so far: the corn and black bean salad (also a favorite of my husband's). Since I've been following this diet, I've lost weight and I feel so much

lighter and energetic. Truly life changing. Thank you!

I didn't know about Dash Diet until I came across this book, which provided excellent information on Dash diet and its benefits. The book "Dash Diet Book: Dash Diet Recipes Included.." is a great resource for delicious dash diet recipes. I really enjoyed reading this book.

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