



Everyday Dash Diet Recipes: 50 Delicious Recipes to Promote Weight Loss, Prevent Diabetes, Lower Cholesterol and Relieve Hypertension. (Paperback)

By Jennifer L Davids

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About the Book This recipe book has been written with the DASH Diet in mind and is meant to provide you with healthy, delicious, and easy recipes that you need in order to follow this diet plan. The DASH Diet provides you with a way to enjoy great tasting foods while keeping you within the required dietary guidelines and allowing you to live a healthier life. The DASH Diet a great way to start a healthy new lifestyle for anyone who wants to lose weight, lower high blood pressure, and feel and look better. These recipes are full of the fruits, vegetables, vitamins and minerals that your body needs to live a healthy life without taking out any of the taste. Take a little time to search through these recipes and find your new favorite recipe of the day!.



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Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- **Dr. Marcos Grimes III**

This pdf is indeed gripping and exciting. it was writttern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Kurtis Parisian**