



Dash Diet for Weight Loss: 21 Tasty Dash Diet Recipes to Lose Weight and Lower Blood Pressure

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.DASH Diet Recipes, DASH Diet Cookbook DASH Diet for Beginners When you start making your health a priority by focusing on your life habits and diet and by losing weight, you ll start to look and feel your best. From 2011 to 2015, the DASH diet has been consistently ranked as the top overall diet by US News World Report. The DASH diet is extremely easy to follow, making it the best plan for those who are looking to drop pounds. It promotes healthy food choices that are both reasonable and moderate. Rather than using a strict, deprivation diet plan that leaves you feeling undernourished and dissatisfied, you ll have access to all of the fresh, delicious foods that are out there. This book makes it easy to lose weight by following the DASH diet. You can learn more about the foods that you should be eating and the foods that you should avoid as well as how to make a simple and seamless transition to this healthy way of living. The 21 DASH recipes...

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