



Dash Diet Easy Slow Cooker Crock Pot Recipes (Paperback)

By Robertina Whelans

Ordinary Matters Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Easy DASH Diet Slow Cooker Recipes to help you lower your blood pressure, lower cholesterol, lower blood sugar, and lose weight. Recipes include chilis, stews, roasts, and delicious chicken dishes. You ll even find desserts Great recipes for crock pots and slow cookers. Save time, save energy. Let your slow cooker do the work. You ll also find slow cooking tips; the benefits of slow cooking; and a brief introduction to the DASH Diet. Recipes also include Salsa Chicken, Lasagna, Pineapple Pork Roast, Potato Soup, and Vegetable Curry, as well as a Chocolate and Apricot Bread and Butter Pudding and a delicious Lemon Berry Pudding Cake. DASH Diet named the best overall diet for the last four years by US News World Report This is the diet doctors prescribe to patients who suffer from hypertension, diabetes, heart disease, kidney disease, and more. Latest studies reveal the DASH Diet is an effective diet for weight loss, too. Perfect for those already on the DASH Diet as well as those starting the DASH Diet. If you want easy, time-saving recipes, you ll love this DASH...

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