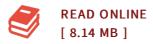




The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight

By Christy Ellingsworth

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight, Christy Ellingsworth, Delicious DASH diet meals in 30 minutes or fewer! The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet-approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like: * Brown Sugar Cinnamon Oatmeal * Stovetop Barbecued Chicken Bites * Quick and Easy Shepherd's Pie * Mushroom and Eggplant Curry * Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook won't leave you feeling deprived--of taste or time.



Reviews

Certainly, this is actually the best function by any article writer. It is actually writter in straightforward words and never confusing. Your life period is going to be convert once you total looking over this ebook.

-- Mrs. Yolanda Reilly V

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

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