



Dash Diet Recipes Cookbook: Healthy Quick Dash Diet Snacks and Recipes That Will Be Ready in 20 Minutes or Less!

By Superfood Kitchen

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Lose weight, reduce blood pressure, and prevent diabetes with delicious DASH diet dishes! The Dash Diet stands for Dietary Approaches to Stop Hypertension. With that said, this cookbook is compiled of heart healthy recipes to help speed up weight loss, reduce blood pressure, and prevent diabetes! Losing weight and getting healthy has never been so tasty. Don't waste anymore time. Get started today!.



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