



37 Dash Diet Recipes: Lose Weight and Lower Your Blood Pressure So You Can Look and Feel Healthier Than That Skinny Girl.

By Jennifer Connor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.37 DASH Diet Recipes Lose Weight and Lower Your Blood Pressure So You Can Look and Feel Healthier Than That Skinny Girl. Imagine eating delicious, flavorful food without compromising your health. The DASH diet is more than a diet - it is a lifestyle change in your eating habits that will be realistic to maintain. Much more realistic than that skinny girl who always looks hungry! How to Make 37 Delicious DASH Diet Recipes The DASH diet is simple: Increase fruit and vegetable intake, while lowering saturated fat, trans fat, and sodium intake. With the DASH diet, you will not feel as if you are starving yourself. Instead, the fresh, wholesome foods will leave you feeling energized and improve your health for the long run. What are the Benefits? And the Recipes? - Recipes ranging from Red Pepper and Goat Cheese Frittata to Balsamic Roasted Chicken. And Edamame Tabouli to Bean and Barley Burgers. - A wide range of meals to cover lunch, breakfast, dinner, and snacktime! - A simple guide on how to follow the DASH diet....



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