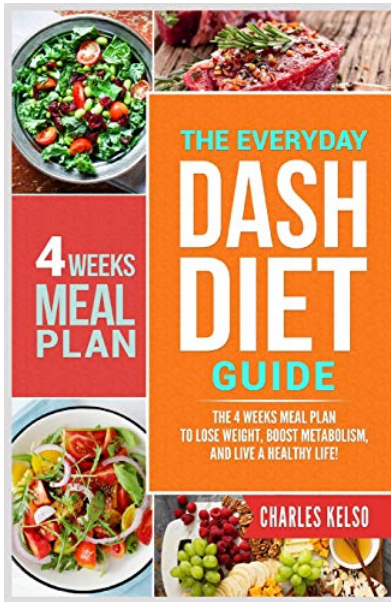


## wkXBJ [GET] The Everyday DASH Diet Guide: The 4 Weeks Meal Plan to Lose Weight, Boost Metabolism, and Live a Healthy Life



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Break the cycle of unhealthy eating and learn how to easily implement the highly praised DASH diet in your life. People all over the world are realizing how successful and simple following the DASH diet is. Discover a host of health benefits, including weight loss, when you incorporate the highly praised DASH (Dietary Approaches to Stop Hypertension) Diet in your life. Using this book as a guide, you'll: Receive a four-week plan to healthy eating and weight loss Learn about a typical DASH day Get delicious, easy-to-prepare recipes Discover tasty food options that won't limit your menu or leave you feeling hungry This diet has been ranked consistently as the best heart-healthy diet in the world. Learn how the DASH diet can help you easily limit salt, saturated fat, and bad cholesterol in your diet, and bring you closer to your goals of a healthier lifestyle.

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