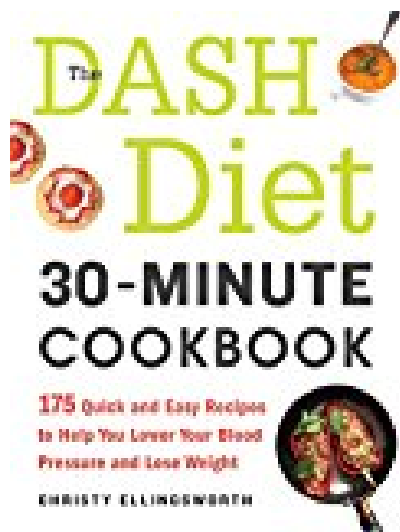


# The DASH Diet 30-Minute Cookbook 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight

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## BOOK DETAILS

- Author : Christy Ellingsworth
- Pages : 224 Pages
- Publisher : Adams Media
- Language : English
- ISBN : 1440590729

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## BOOK SYNOPSIS

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 Shepherds Pie Mushroom and Eggplant Curry Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook wont leave you feeling deprived--of taste or time.

### **THE DASH DIET 30-MINUTE COOKBOOK 175 QUICK AND EASY RECIPES TO HELP YOU LOWER YOUR BLOOD PRESSURE AND LOSE WEIGHT**

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