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## Dash Diet Cookbook: Delicious, Quick and Easy Dash Diet Recipes for Effective Weight Loss (Paperback)

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By Colleen Taylor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DASH Diet Cookbook: Delicious, Quick and Easy DASH Diet Recipes for Effective Weight Loss The DASH diet has been ranked the best and healthiest diet for five years and counting. Now, you can find remarkable results by following this very easy diet and attain the best health of your life. This diet is based on plant-based foods that are rich in fruits, vegetables, and many other lean food products. It has been scientifically proven to lower blood pressure and cholesterol levels. So, why not join this healthy lifestyle revolution. Why Should You Buy This Book? Inside the pages of this easy-to-read cookbook, you will discover what the DASH diet is and what it can do to enhance your life. Using the 48 delicious recipes in this cookbook you will be able to achieve your personal goals and garner the best results in record time. These tasty mouth watering recipes will rev up your metabolism and will help you to seamlessly make a transition to a healthier lifestyle. What Recipes Are Included? Breakfast recipes to start the day rightLunch...



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