



## Dash Diet: The Dash Diet Guide with Delicious Dash Recipes for Weight Loss (Paperback)

By Celine Walker

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Ultimate DASH Diet Guide with Delicious DASH Recipes for Weight Loss In this book, you will find a quick and easy guide to following the DASH diet. You will also gain 50 delicious DASH-approved recipes for not just improving your blood pressure levels, but also helping you to lose weight the healthy way. You will find recipes for breakfast, main dishes - be they for lunch or dinner - side dishes that can also serve as snacks, and desserts. The great thing about these recipes is you can find the exact amount of grams per serving size and the nutritional information per serving. That way, you will know exactly how much protein, fat, and carbohydrates you are consuming, and you can tweak the ingredients depending on your health goals. In addition, all of the recipes in this book call for ingredients you can conveniently find in your local grocery store or farmer s market. You can also easily choose alternatives to the ingredients in times when they are not in season. So take control over your quality of...



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