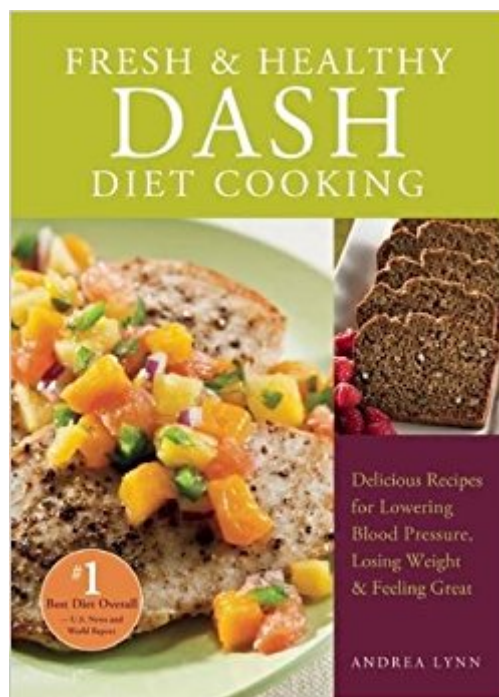




Ebook Directory
the best source of ebook

The book was found

Fresh And Healthy DASH Diet Cooking: 101 Delicious Recipes For Lowering Blood Pressure, Losing Weight And Feeling Great



Synopsis

DELECTABLE DASH DISHES FOR EVERY MEAL With its emphasis on fresh ingredients, low sodium, and portion control, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. But cutting back on calories and salt doesn't have to mean sacrificing flavor. Fresh and Healthy DASH Diet Cooking makes following the DASH Diet easy and delicious, with recipes like: • Roasted Tomato Bruschetta • Lentil Salad with Mango • Skirt Steak Lettuce wraps • Jalapeño-Cilantro Chicken • Braised Chipotle Turkey • Blackened Catfish Tacos • Coconut Lemongrass Mussels • Rosemary Tomato Focaccia • Chocolate Pudding • Poached Pears with Lemon Yogurt Offering mouth-watering dishes, beautiful full-color photographs, and waistline-friendly tips, Fresh and Healthy DASH Diet Cooking is the ultimate guide to eating well and feeling great.

Book Information

Paperback: 144 pages

Publisher: Ulysses Press; 1 edition (November 6, 2012)

Language: English

ISBN-10: 1612431143

ISBN-13: 978-1612431147

Product Dimensions: 6.4 x 0.4 x 8.9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 12 customer reviews

Best Sellers Rank: #756,270 in Books (See Top 100 in Books) #148 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #1414 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

DELECTABLE DASH DISHES FOR EVERY MEAL With its emphasis on fresh ingredients, low sodium, and portion control, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. But cutting back on calories and salt doesn't have to mean sacrificing flavor. Fresh and Healthy DASH Diet Cooking makes following the DASH Diet easy and delicious, with recipes like: • Roasted Tomato Bruschetta • Lentil Salad with Mango • Skirt Steak Lettuce wraps • Jalapeño-Cilantro Chicken • Braised Chipotle Turkey • Blackened Catfish Tacos • Coconut Lemongrass Mussels • Rosemary Tomato Focaccia • Chocolate Pudding • Poached Pears with Lemon Yogurt Offering mouth-watering dishes, beautiful full-color photographs, and

waistline-friendly tips, Fresh and Healthy DASH Diet Cooking is the ultimate guide to eating well and feeling great.

Artisan Soda Workshop|Andrea|Lynn|9781612430676|14.95|Ulysses Press|5/12/12||I Love Trader Joe's College Cookbook|Andrea|Lynn|9781569759356|17.95|Ulysses Press|6/7/11|12000|

Okay - diet - diet - diet - BUT this really is the ONE - I so recommend this book - the food is totally "normal" - you are full all the time - and by the way I lost 15# the first month. Stick to it religiously and you'll look better but the real pay off is how you feel - renewed energy - sleep well and feel so good.

Love this cookbook, along with the DASH plan itself. It complements the other book to begin a journey of lifelong healthy eating. I even have been able to get my picky husband to start eating better because of the recipes in this book. It is great! And I have lost weight. Hope to remove all medications from my life by sticking to this plan.

I bought this book because my husband wanted to lower his blood pressure to keep from taking blood pressure medication. We have been using it several months and his blood pressure is slowly coming down. The information is easy to follow, the recipes are fun if a little bland ,even with the additional spices,

I only buy cookbooks with pictures of the finished product - I need the visual. Anyway, this cookbook has pics for most of the recipes and so far my family has enjoyed the recipes I have tried. So, this is a helpful tool in my efforts to help my family adopt a more healthful lifestyle.

Easy to follow recipes. Great pictures which should help those who need a little extra guidance in the kitchen. I bought this book as a compliment to the Dash Weight Loss Solution book. I find this book much for helpful and intuitive.

Very good. Great receipes

This book is going to change our life. A new way of eating, easy to follow. Will enjoy these solutions to healthy eating.

I am glad I own this book

[Download to continue reading...](#)

DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Fresh and Healthy DASH Diet Cooking: 101 Delicious Recipes for Lowering Blood Pressure, Losing Weight and Feeling Great Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) DASH Diet: The Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series

Book 2) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)