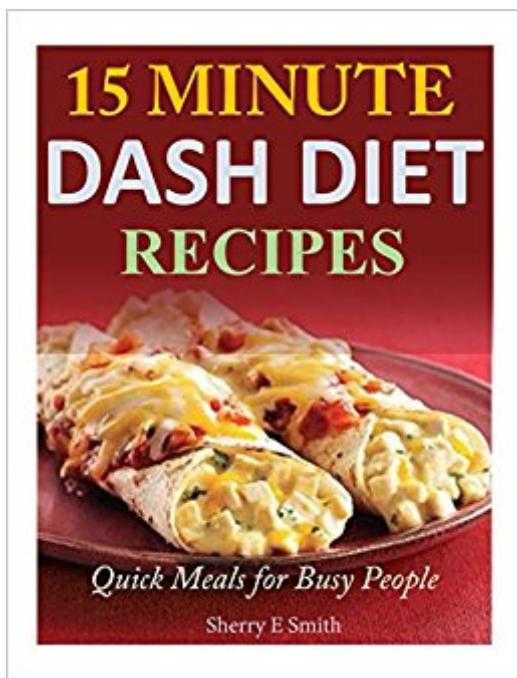


The book was found

# 15 Minute Dash Diet Recipes: Quick Meals For Busy People



## Synopsis

Dietary approaches to stop hypertension (DASH) diet are an approach towards a balanced diet, which will help to maintain a healthier lifestyle and live longer. The DASH diets have been researched and approved to provide the claimed benefits by the National, Heart, Lung, and Blood Institute. This kind of diet includes foods, which are low in salt (sodium) and rich in nutrients, which prevent hypertension and helps lower blood pressure. Since the DASH diet includes healthy foods, it also helps to prevent other health concerns such as osteoporosis, diabetes, cancer, and heart diseases. In this e-book, you will find DASH diet recipes, which are well researched to provide the above mentioned health benefits. These recipes as well as being beneficial for health are also delicious, and can be made in a jiffy; to be exact, just under 15 minutes. What's more? Find Dash diet recipe for all phases, made in just 15 minutes, this eBook will give you: 1. Complete recipes with serving limit, cooking time and nutrition value 2. Dash diet recipes for all phases 3. Complete step by step directions to easily make the recipes So read ahead, to start living a healthier life!

## Book Information

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## Customer Reviews

The recipes are ok and fast, but lack suggestions for condiments to put a better taste into the food.

The book was ok, but some of the recipes were for over 10 people. That's not really practical. I live alone and that made for a lot of conversion.

An abundance of practical and affordable recipes. Unfortunately, as a cancer survivor I have other dietary restrictions (no inflammatory family foods - like peppers, tomatoes, etc) I have to modify many of the recipes which I think interferes with the flavor potential. It would be great to have a cookbook that helps to figure out how to season foods without using salt AND inflammatory ingredients. That being said, this is a great tool for people working the DASH diet for blood pressure or weight issues. So far, all of the recipes I have tried worked flawlessly.

This book just wasn't impressive. It reminds me of printing recipes from the internet. Would not recommend...

This book has nothing to do with the real Dash Diet that helps lower blood pressure and shed weight. The title is misleading. None of the recipes have the sodium count and this is the main focus of the real DASH Diet. Having used the real DASH diet I know that most of these recipes are high in sodium. Wish I had not wasted my money. :(

Poorly printed and bound--just use the great recipes in the DASH Diet book. You can find better recipes for free on Pinterest or the Internet.

Pictures inside are in B&W; food doesn't look as appetizing as if getting the full color of the dish.

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