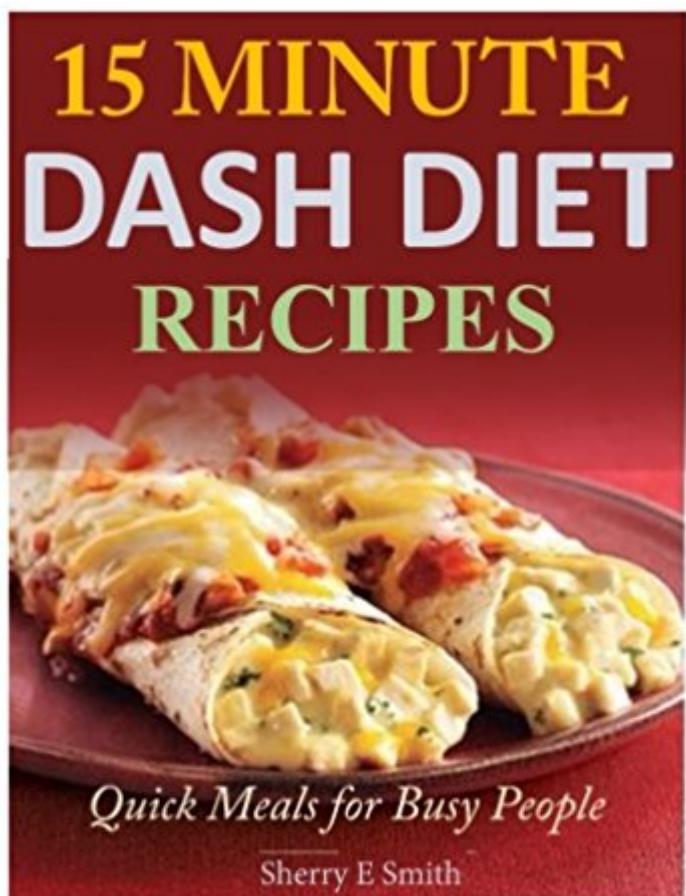


The book was found

# 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**

Paperback: 106 pages

Publisher: CreateSpace Independent Publishing Platform (April 6, 2014)

Language: English

ISBN-10: 1497567068

ISBN-13: 978-1497567061

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 11.8 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 20 customer reviews

Best Sellers Rank: #117,841 in Books (See Top 100 in Books) #40 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #41 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #370 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## **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.

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

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.

Okay, but many of the recipes had ingredients that I didn't think you were to use like sugar, etc. Lots of cheeses in recipes.

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

needs better editing

Best ever plan. I adjusted to my needs and now it is just how I eat!

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

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: 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) 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: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, 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) 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! 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) 15 Minute Dash Diet Recipes: Quick Meals for Busy People [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) Dash Diet: Dash Diet

Cookbook for Weight Loss: Includes Easy to Cook Dash Diet Recipes for Healthy Living! Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love 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: 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 DASH Diet: 100 Delicious DASH Recipes Including a DASH Diet Guide for Beginners Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) The Quick & Easy DASH Diet Cookbook: 77 DASH Diet Recipes Made in Minutes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)