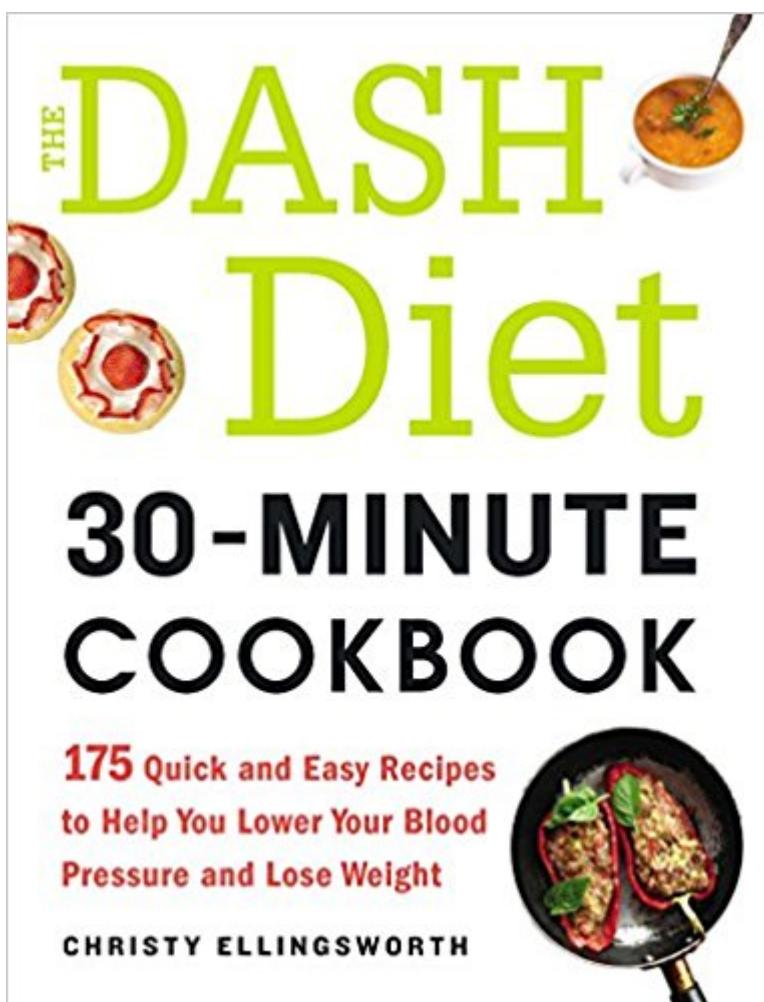


The book was found

# The DASH Diet 30-Minute Cookbook: 175 Quick And Easy Recipes To Help You Lower Your Blood Pressure And Lose Weight



## Synopsis

Delicious DASH diet meals in 30 minutes or fewer! The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet-approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like: Brown Sugar Cinnamon Oatmeal Stovetop Barbecued Chicken Bites Quick and Easy Shepherd's Pie Mushroom and Eggplant Curry Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook won't leave you feeling deprived--of taste or time.

## Book Information

Paperback: 224 pages

Publisher: Adams Media; 1 edition (July 3, 2015)

Language: English

ISBN-10: 1440590729

ISBN-13: 978-1440590726

Product Dimensions: 7 x 0.6 x 9.1 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #148,270 in Books (See Top 100 in Books) #53 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #82 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1732 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Christy Ellingsworth is a food writer, recipe creator, and founder of The Daily Dish, a food blog that provides low-sodium, heart-healthy recipes to thousands of daily readers. She is also the author of The Everything DASH Diet Cookbook. Christy lives in Portland, ME.

This is a great little cookbook for the dash diet...my husband and I have fallen in love with the Saturday Morning Pancakes and have used lots of the other recipes as well. The diet works if you stick to it and have found very few recipes that are not appealing...and I have a very "picky" husband!

This cookbook is packed full of great recipes that are not too involved or time consuming to make. My only complaint is that the pages aren't glossy and it didn't have photos like most other cookbooks. I plan to order another one for my parents.

All the recipes I've tried have been anywhere from acceptable (there's nothing you can do to make saltless bread anything more than acceptable) to great. It's a very useful cookbook!

This book makes meal planning, shopping and family dinners easy to complete. The book is easy to use and informative. I would recommend this book to parents who just need some extra energy.

It has a lot of good recipes.

Just OK. There are links to free and better tasting recipes on the Internet!

does every recipe have to be loaded with garlic?

Like the cookbook

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

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 Pressure w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) 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: 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: 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) The DASH Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet a,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) The Everything

DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life!

(Everything<sup>®</sup>) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure PAINLESSLY (Dash Diet Cookbook) 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) 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 Ultimate DASH Diet Guide to Lose Weight, Lower Blood Pressure, and Stop Hypertension Fast: DASH Diet Series, Book 2 Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) [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) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) DASH Diet for Beginners: A Diet That Will Lower Your Blood Pressure, Help You Lose Weight, and Make You Feel Better 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)