



The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight

By Christy Ellingsworth

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight, Christy Ellingsworth, 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.



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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- **Gavin Bosco IV**

The book is fantastic and great. This is for anyone who statte there was not a worthy of reading. I found out this publication from my i and dad advised this pdf to learn.

-- **Pete Paucek DVM**