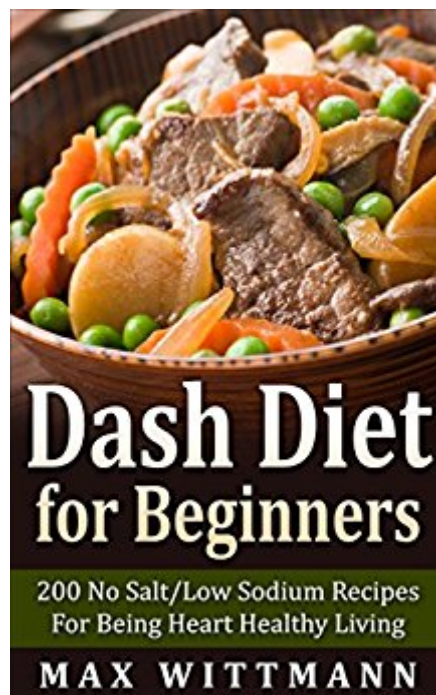


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# **Dash Diet For Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet For Beginners:**



## Synopsis

Take care of your HEART and your WAISTLINE! Why a Dash Diet for YOU? Have you heard the doctor say you have HIGH BLOOD PRESSURE? YES, then this book will change your life. DASH means Dietary Approaches to Stop Hypertension. You may have thought I want to eat HEALTHY. I want to be around a long time for family. How will this Dash Diet Cookbook HELP you now? It will give you examples of food that you can cook. Appetizers, Snacks, Soups, Stews, Salads, Salad Dressings, Sea Food, Chicken, Turkey, Pork Tenderloins, Pork Chops, Beef, Lamb, Vegetarian, Vegetables and Side Dishes, Sauces, Condiments and Seasoning, Bread, Breakfast, Dips and Salad, Desserts. What if you could get a MONTHLY CALENDAR of meals? WOW!!! This will make your life easier. Pick up a copy today Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners and jump start your weight loss and Heart Healthy Lifestyle! Tag words: dash diet weight loss plan, dash diet plan recipes, dash diet menu plan, no salt diet foods, the dash diet for hypertension, dash diet meal plan, dash diet meal planner.

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