



DASH Diet: DASH Diet Recipes - Simple, Healthy & Delicious DASH Diet Recipes For Beginners (DASH Diet Cookbook, Wheat Belly, Crock Pot, Recipes)

Samantha Clare

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Over 45 AMAZING DASH Diet Recipes

The DASH Diet, which is the acronym for the Dietary Approach to Stop Hypertension, is a special diet that aims to lower the sodium levels in one's body. Abnormally high blood pressure is caused by regular and often unusual sodium consumption, which is why it needs to be significantly reduced from one's diet. Aside from regulating your blood pressure, the Dash Diet can also help you lose excess body weight because it also guides you in minimizing your consumption of processed food, simple carbohydrates, and most sugars.

It might seem difficult to wrap one's head around the fact that food can still taste good even with no (or very little) salt, but the Dash Diet recipes in this book will prove this to you. This book will provide you with over 50 recipes for healthy breakfast, lunch, and dinner meals as well as snacks, desserts and crock pot meals. Tickle your taste buds without putting your health at risk by creating meal plans using the recipes that you will find here.

Here is just a few of the amazing recipes inside this book:

- The Dash Diet Granola
- Pumpkin Pancakes
- Breakfast Open Sandwich
- Fresh And Fruity Salad
- Shrimp Salad With Raspberries And Veggies
- Chicken Tacos
- Crisp Baked Turkey With Sunflower Seed Crust
- Vegetarian Polenta Pizza
- Bacon And Collard Greens
- Banana Split
- Oatmeal Cookies
- Sweet Citrus Rice Pudding
- And much, much more...

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