

# Fresh And Healthy Dash Diet Cooking: 101 Delicious Recipes For Lowering Blood Pressure, Losing Weight And Feeling Great - Andrea Lynn

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DELECTABLE DASH DISHES FOR EVERY MEAL With its emphasis on fresh ingredients, low sodium, and portion control, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. But cutting back on calories and salt doesnt have to mean sacrificing flavor. Fresh and Healthy DASH Diet Cooking makes following the DASH Diet easy and delicious, with recipes like: Roasted Tomato Bruschetta Lentil Salad with Mango Skirt Steak Lettuce wraps Jalapeo-Cilantro Chicken Braised Chipotle Turkey Blackened Catfish Tacos Coconut Lemongrass Mussels Rosemary Tomato Focaccia Chocolate Pudding Poached Pears with Lemon Yogurt Offering mouth-watering dishes, beautiful full-color photographs, and waistline-friendly tips, Fresh and Healthy DASH Diet Cooking is the ultimate guide to eating well and feeling great. Author: Lynn, Andrea Publisher: Ulysses Press Illustration: N Language: ENG Title: Fresh and Healthy DASH Diet Cooking: 101 Delicious Recipes for Lowering Blood Pressure, Losing Weight and Feeling Great Pages: 00144 (Encrypted EPUB) On Sale: 2012-08-20 SKU-13/ISBN: 9781612431147 Category: Cooking : Health & Healing - Low Salt

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