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The Dash Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure

By Mariza Snyder, Lauren Clum, Anna V. Zulaica

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Dash Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure, Mariza Snyder, Lauren Clum, Anna V. Zulaica, The DASH Diet Made Delicious Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. QUICK AND HEARTY BREAKFASTS * Berry Banana Green Smoothie * Veggie Frittata with Caramelized Onions ENERGY-BOOSTING LUNCHES * Mexican Summer Salad * Chicken Fajita Wraps FAST AND FABULOUS SNACKS * Roasted Zucchini Crostini Dip * Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERS * Turkey Meatballs in Marinara Sauce * Ginger-Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTS * Grilled Peaches with Ricotta Stuffing and Balsamic Glaze * Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. Including a 28-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet...



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