



15 Minute Delicious Dash Diet Recipes

By Kris Alison

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The DASH Diet was developed by the National Heart, Lung, and Blood Institute (NHLBI) as a solution for hypertensive adults to manage their high blood pressure without medication. It is focused on healthy eating habits and wholesome foods like whole grains, fresh produce, healthy fats, and low-fat dairy. In this book you will receive a collection of twenty-five delicious DASH Diet recipes that can be prepared in just 15 minutes or less. In this book you will receive the following: An introduction to the DASH Diet Dietary Approaches to Stop Hypertension A review of the foods that are included in the DASH Diet eating plan A collection of twenty-five DASH Diet recipes that have 15 minute prep times or less So, if you are ready to give the DASH Diet a try then simply pick a recipe from this book and get cooking!.

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