

The EVERYTHING[®] DASH Diet Cookbook

Easy,
healthy meals
that cook in
30 minutes
or less



Lower your blood pressure
and lose weight—with 300
quick and easy recipes!

Lower your blood pressure without drugs

Lose weight and keep it off

Prevent diabetes, strokes, and kidney stones

Boost your energy

Stay healthy for life!

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Christy Ellingsworth

The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life!



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Take care of your heart— It is also one of the smartest and healthiest ways to lose excess weight and curb diabetes risk— And the easy-to-make foods won't leave you feeling deprived—as well as your waistline!most without the use of medicines.The Everything DASH Diet plan Cookbook contains 300 recipes—all manufactured in 30 minutes or fewer, including:Maple Walnut SconesAhi Tuna with Grape Tomato SalsaPhilly CheesesteaksAsparagus, Swiss, and Ricotta FrittataPumpkin Whoopie Pies The DASH diet plan isn't a quick-weight-loss, trendy diet plan. It's a new way of eating that may change your life.Studies also show that the DASH (Dietary Methods to Stop Hypertension) diet plan, rich in fruits, vegetables, and low-fat dairy products, can help lower blood pressure in just a fortnight!of taste or time.



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great recipes - but some disappointments Just got this publication, and I am happy with the wide variety of recipes - looking forward to trying most of them. BUT I am VERY disappointed that the recipes do not provide a breakdown of the DASH servings per recipe. There is an introductory chapter that says you will need 6 - 8 daily servings of whole grains/day - but does not point out that one serving is approximately 1/3 cup (I really believe). The recipe for, state, Fruit Pizza, says that it creates 12 servings total - but how many of the DASH wholegrain servings per serving is certainly that? My picky eaters have loved everything I've made from her blog and the dishes I've tried from this cookbook (up to now) as well. There is a recipe for granola that says it makes 10 cups, and each serving of granola is 266 calories, 10 g fat, etc. I have been following Christy's blog page for quite a while now, and I really like that her dishes are healthy but not scary. (The index isn't good either - in the event that you look up granola under "G", it isn't there - you need to remember that it really is in the "Breakfast" chapter - research the index category "Breakfast" - and there you find it. So frustrating.) THEREFORE I don't know if a serving is normally 1 cup or 1/2 cup or 1/4 cup - BIG difference! good simple recipes with ingredients that you normally have on hand. good simple recipes with ingredients that you normally have on ...I hope the authors revise their recipes to add what DASH servings each recipe contains, and clarify how much ALL their recipes are per serving. like all cookbooks have adapted to match my lifestyle Five Stars Bought as something special. Low and behold, a recipe for Faux Soy Sauce! Easy to follow quality recipes, no exotic and hard to find foods. I use it all the time! This cookbook will be considered a lifesaver in more methods than one! Fantastic! Like one of the authors, Christy Ellingsworth, I was also diagnosed with Miniere's. - but NOWHERE will it say how big one serving can be. They are delicious and family-friendly. how many fruit DASH servings (4 - 5 daily servings) is usually one serving of the pizza?maybe I have to get a taste for these dishes.. I preordered this cookbook as soon as I learned it had been available to do so. I do not need to follow a low-sodium diet, but I am usually researching to cook healthier meals for my children. This can not work well in the kitchen.. I miss specific foods like Chinese as the sodium content-due primarily to soy sauce-prevents me from experiencing it. Dash Great Cookbook! If you're likely to get only one DASH book, that is it! Paper not kitchen quality We was disappointed in the quality of the book. I also bought the other Dash Diet Books, and like them. I can't wait around to try every recipe! Khaleghi have brought flavor and good nutrition back again to my food! The information has nutritional info which is effective. The book pages are similar quality of newspaper. Current treatment along with meds is being on a low-sodium diet. Not so much. Great cookbook! I am generally searching for tasty low-sodium recipes, and I understand from previous experience with another cookbook of Christy's that this book would deliver. I think the recipes aren't that great but maybe that is supposed to be tasteless because I'm cutting out so much salt... I'm looking forward to trying more recipes from this book. Not worth it Didn't find this book seeing that resourceful as this review would indicate. The dishes are ok , but not the greatest. Your best bet is doing the study yourself , and limit your salt intake which may be the fundamentals for the dash diet plan . I regret causing this to be purchased . This is actually the one! Christy and Dr. Very comprehensive. A must have An excellent addition to any cookbook collection. Easy, delicious quality recipes. Once you remove extra salt from your own diet, you may never go back Try It you'll like it! Is a publication I really needed.



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