

KAREN L. SWANSON

4

WEEKS

to Cut Cholesterol
and Improve
Heart Health

The
Low Cholesterol
Cookbook and Action Plan

with recipes by JENNIFER HOSLEY, PhD, RD, CSSD, ACE-CPT

Karen L Swanson

The Low Cholesterol Cookbook and Action Plan: 4 Weeks to Cut Cholesterol and Improve Heart Health



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Start your heart-healthy way of life with the proactive diet and meal strategy from The Low Cholesterol Cookbook and Action Plan. Getting serious about heart health could be overpowering. This low cholesterol cookbook delivers comprehensive recipes and a proactive food plan to assist you to eliminate bad body fat without losing the flavors your heart loves. With an easy-to-follow 4-week system, this low cholesterol cookbook can help you lower cholesterol normally, with food and exercise. That's why cardiac dietitian, Jennifer Koslo, and "Go Low Cholesterol" blogger, Karen Swanson, created THE REDUCED Cholesterol Cookbook and Actions Plan. Exceed your fundamental low cholesterol cookbook with The Low Cholesterol Cookbook and Actions Plan. Accessible and up-to-date, this low cholesterol cookbook presents: A 4-Week Meal Plan getting you started on the right path to lower cholesterol 120 Quality recipes featuring heart-healthy variations of your favorite meals, from Banana-Oat Pancakes to Honey Mustard Poultry and Flourless Chocolate Cookies 30 minutes or less of planning per recipe This low cholesterol cookbook includes tips for purchasing and creating food lists, plus ideas for exercise and even more. From the publisher that brought you The Heart Healthy Cookbook for Two and The Complete DASH Diet for Beginners comes The Low Cholesterol Cookbook and Action Strategy, to help you jumpstart your heart-healthy lifestyle.



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