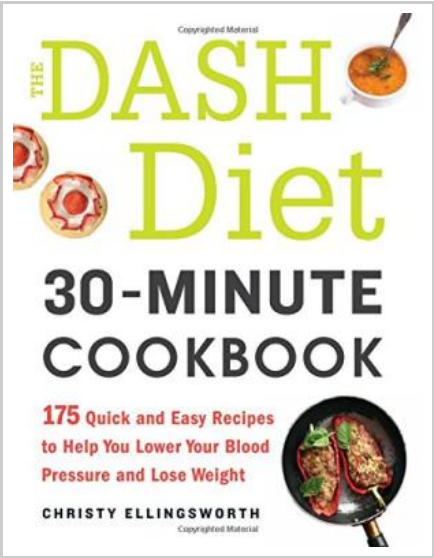

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The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight

By Christy Ellingsworth

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Dash Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight, Christy Ellingsworth, Delicious DASH diet meals in 30 minutes or fewer! The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet-approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like: * Brown Sugar Cinnamon Oatmeal * Stovetop Barbecued Chicken Bites * Quick and Easy Shepherd's Pie * Mushroom and Eggplant Curry * Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook won't leave you feeling deprived--of taste or time.

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Reviews

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