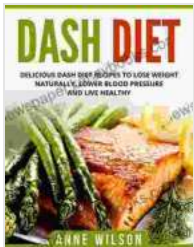


Delicious Dash Diet Recipes To Lose Weight Naturally Lower Blood Pressure And

The DASH diet is a healthy eating plan that can help you lose weight, lower blood pressure, and improve your overall health. This book provides over 100 delicious recipes that follow the DASH diet guidelines.



DASH Diet: Delicious DASH Diet Recipes to Lose Weight Naturally, Lower Blood Pressure and Live Healthy- Includes 7-day Meal Plan by Wilson Orhiunu

★★★★★ 5 out of 5

Language : English
File size : 1324 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 88 pages
Lending : Enabled



The DASH diet is rich in fruits, vegetables, and whole grains. It also includes lean protein and low-fat dairy products. The diet is low in sodium, saturated fat, and cholesterol.

The DASH diet has been shown to be effective in reducing blood pressure. In one study, people who followed the DASH diet for eight weeks lowered their systolic blood pressure (the top number) by an average of 5.5 mm Hg

and their diastolic blood pressure (the bottom number) by an average of 3.0 mm Hg.

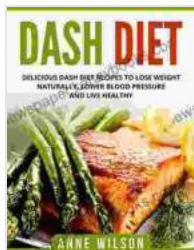
The DASH diet can also help you lose weight. In one study, people who followed the DASH diet for 12 weeks lost an average of 10 pounds.

The DASH diet is a healthy and effective way to lose weight, lower blood pressure, and improve your overall health. This book provides over 100 delicious recipes that follow the DASH diet guidelines. So what are you waiting for? Start cooking today!

Here are a few sample recipes from the book:

- **Grilled Salmon with Lemon and Dill**
- **Chicken Stir-Fry with Brown Rice**
- **Lentil Soup**
- **Baked Oatmeal with Berries**
- **Fruit Salad with Yogurt**

These are just a few examples of the delicious and healthy recipes that you will find in this book. So Free Download your copy today and start cooking your way to a healthier lifestyle!



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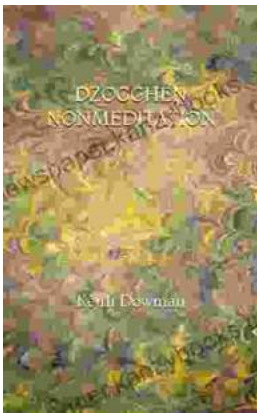
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