



Dash Diet for Every Day: 4 Weeks of Dash Diet Recipes & Meal Plans to Lose Weight & Improve Health

Telamon Press

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NEW YORK TIMES BESTSELLER

There's a reason why the DASH Diet is ranked "Best Overall Diet" by *U.S. News & World Report* year after year. It works.

Developed by the National Heart, Lung, and Blood Institute to prevent and reverse high blood pressure, and approved by the Mayo Clinic and American Heart Association, the DASH Diet is a sensible low-sodium diet emphasizing fruits, vegetables and whole grains. *The DASH Diet for Every Day* will show you how to incorporate the DASH Diet your daily routine to help you get healthy and lose weight. With dozens of simple recipes, and an easy-to-follow meal plan, *The DASH Diet for Every Day* will guide you through the first month of the DASH Diet so you can see amazing results right away.

The DASH Diet for Every Day will help you lower your risk for heart disease and lose weight, with:

- More than 60 easy and delicious DASH Diet recipes, including favorites like Blueberry and Oat Pancakes, Chicken Quesadillas, Spaghetti with Meat Sauce, Comforting Mac and Cheese, and Death by Chocolate Cupcakes
- 4-week DASH Diet meal plan to successfully guide you through the first month of the DASH diet
- DASH Diet cooking techniques, shopping lists, and planning tips that will save you time, money, and stress
- A detailed DASH Diet food list and 30 DASH-approved snacks

The DASH Diet for Every Day is your step-by-step guide to making sustainable changes for permanent better health.

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demonstrate the relaxing pattern is your body and mind are going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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