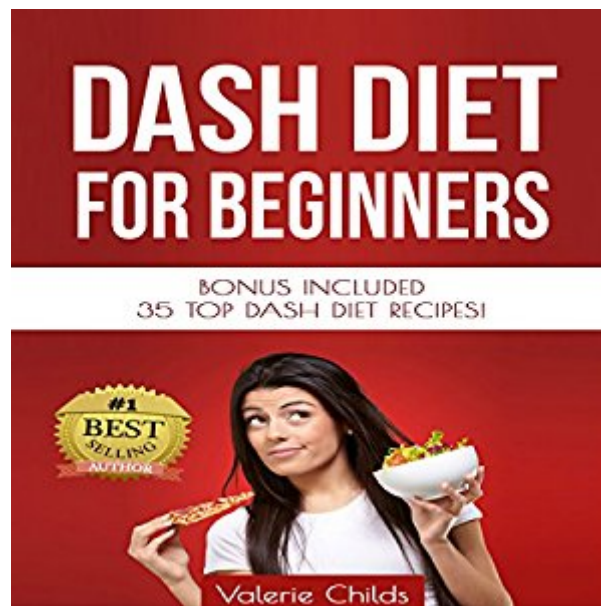


The book was found

# DASH Diet For Beginners: Top DASH Diet Recipes For Weight Loss, Fat Loss And Healthy Living: Dash Diet Recipes, Book 1



## Synopsis

Discover the most doctor-recommended diet program...the DASH Diet! If you want to lower blood pressure, lose weight, increase energy, and improve overall health without sacrifice like all the other diets, the DASH Diet is for you! Bonus- 35 top DASH Diet recipes included! Here is a sneak peak: Learn how the DASH Diet can change your life! This is what you need to know about the DASH Diet. The real reason the DASH Diet was created! The biggest benefits to the DASH Diet Why this DASH Diet plan is all you need! Understand why the DASH diet is the best approach to health and weight loss! Top 35 DASH Diet recipes that you will fall in love with! Recipes and meals (main dishes, side dishes, soups and salad dressing, breakfasts, and more). Learn the best strategies in making the switch to the DASH Diet! Learn how to be successful with the DASH Diet! Much, much more! Learn the weight loss secrets to hundreds of thousands of people worldwide.... Do you find yourself struggling with low energy, weight gain, and poor health? Did the doctor tell you something needs to be done? Have you found yourself gaining weight and nothing you do seems to help? Have you been unsuccessful at dieting and weight loss in the past? If you answered yes to any of these questions, then you must answer yes to the DASH Diet! Test out the diet everyone is talking about!

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 48 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Great Reads Publishing

Audible.com Release Date: November 5, 2015

Language: English

ASIN: B017AFQIGM

Best Sellers Rank: #185 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #322 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #498 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## Customer Reviews

This book really explains what a DASH diet is. It's a good thing because, that's one thing I need to know before I jump into it. My questions were answered in this book. It explains why DASH diet is the best approach to health improvement and weight loss. It helps you lower your blood

pressure, and gives you more energy. This book has a complete DASH diet food list, as well as the 7-day meal plan. So far, my favorite recipes in this book are potato nachos, berry yoghurt popsicles, milk chocolate pudding, and yogurt with strawberries and honey. Delicious!

This diet offers a wide range of food to select from! It's rawly enjoyable and makes you stay away from things that are actually bad for you like sugar and processed food! Super easy to follow and simply delicious!!! We all loved the recipes in this book!

I was given the opportunity to purchase this audio book at a discount for my honest opinion. A short time ago I had purchased the ebook, so when this audio became available I jumped for it. This is such a brilliant audio recipe book! I like that the dash diet is explained clearly on how it works to make one lose weight. This guide provides tasty, easy-to-prepare healthy recipes that are sure to put your diet to rest to calorie counting, label scrutiny and food deprivation. "Dash Diet for Beginners" is a logical, easy-to-follow guide. It's a plan that you can easily do at your own pace, by simply implementing better food choices into your diet. I highly recommend this book in any format!

I have always had problems with dieting, many diets were either too complicated, too strict, or just didn't produce any results. This diet is different from the others that I have tried, I have never had such great results from any other diet. This book provides excellent information about the Dash Diet, in clear understandable terms which makes this book easy to read and easy to understand. The main point in this diet is to feel right and to eat right, not to cut all the 'bad things' out of your diet. It helps you become more aware of your food intake and helps you enjoy food so you are able to lead a healthier and happier life. I would recommend this book to anyone who is looking for information about the Dash Diet.

Amazing publication that will help you to lose weight in no time! This ebook will teach you about the Dash Diet, that had been rated with positive results by Dr. Oz. This guide not only gives you the basics of Dash Diet, but also gives you many recipes and ideas to help you to lose weight but at the same time eat healthy and delicious food. I recommend this book for all the people who are looking to get in shape fast!

As one of the members of my family, we are really particular about anything that is affecting health.

Because of the rapid sprouting of many lifestyle predisposed diseases we need something to counter act with it. I recommend this book because it does not only teach you how, but also explains to you the underlying reason to try and implement this diet.

If you want to live a healthy and happy life then buy and read this book. Just amazing book for beginners to weight and fat loss. Easy to follow instructions, very good tips and daily meal plans. There are also some good dash diet recipes with step by step instructions...

Awesome book!. The best book for people who are serious about their health since Diet is one of the trending problem in every corner of the world. This is a very informative book about Dash Diet which also offers sample meal plan which can help you start to feel right and eat right!Cheers to the author!

[Download to continue reading...](#)

DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Eat Fat Get Thin:

Your Ketogenic Diet Guide To Rapid Weight Loss™ © (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Acai Recipes: 38 of the Best Acai Recipes for Health and Weight Loss to Burn Fat and Live Healthy (The Essential Kitchen Series) (Volume 64) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way

[Dmca](#)