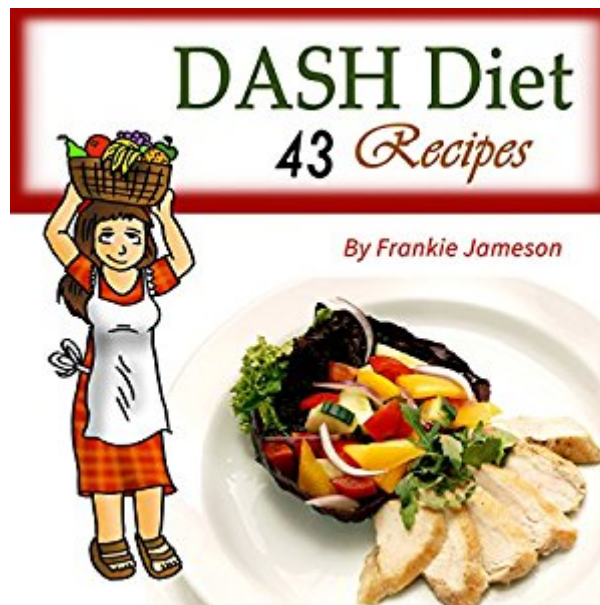




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# DASH Diet: 43 Recipes That Contain The Weight Loss Solution For Beginners



## Synopsis

Learn about the DASH diet and get those yummy recipes! In this book, you'll find the basics first: What the DASH diet is, where it came from, what the benefits are, and blah...blah...blah...But after the first part of the book, why waste all your time on that medical and nutritional information? Hey, you're here to keep the diet, aren't you? So dive in and find out which delicious recipes we have lined up for you. That's where the real value is. Don't waste time, get the book, and start cooking! Bon appetit! Oh yes, and at the end of the book, you'll find some bonus tips on meal planning, travelling with the DASH diet, and combining this particular diet with your lifestyle and exercising program. What more do you want? For me to order the ingredients? Hey, maybe I will. Just buy a copy of this book first and then we'll talk.

## Book Information

Audible Audio Edition

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Program Type: Audiobook

Version: Unabridged

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## Customer Reviews

This is a great book on DASH Diet. All of the things, tips and recipes that I need to know about Weight Loss are already included and well written inside. Frankie Jameson has done an incredible awesome job in compiling and creating this book. All recipes are very healthy, delicious and easy to prepare. This book is really a great resource for those who want to learn more about DASH Diet.

Such an informative book. A lot of important information about Dash Diet has been provided in this book. I was actually impressed by how much useful information is squeezed in such a short book. By reading this book I got proper idea about Dash Diet. Such an excellent book. Author has described every single thing very clearly with some proper explanations. Highly recommended.

The author does an excellent job explaining why the DASH diet is helpful, and does an even better job providing fantastic, realistic meal plan. You can know about the benefits of dash diets recipes by reading this book. Lots of recipes - Breakfast, Lunch, Soup, Dinner, Snack, Dessert, Drinks and meal planning. I would recommend this book to some people who are trying to get healthier and maintain weight.

This book only gave me a brief insight to the dash diet. But what I loved about the book was its wide array of recipes. What is the point of a diet if you don't know what to eat for it and what to make. I strongly recommend this book for everyone who wants to live their life joyfully with this great diet plan.

This is a good book to read if you want to know about the dash diet. There were questions I wanted answered that I didn't find the answer in this book. But over all it had a lot of useful information in it.

My husband and I have reduce pounds after only 3 weeks on this. I can't practice much because of injury in my foot. But after read and use this book i get results. This book helps soooo much and it's very easy to follow. My specialist also suggest this book to me to reduce a few pounds myself..!

So far, the recipes are easy and don't require ingredients that are hard to find or are expensive. We have prepared some of these recipes. They are all good! Thanks Frankie!

Dash diet is a great source for weight loss food and the recipes included in this book are delicious, you will find them interesting and feel hunger to taste them.

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