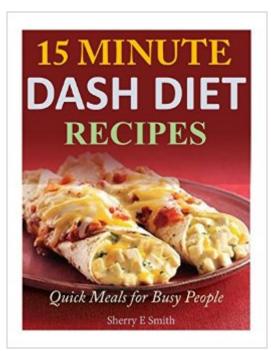
The book was found

15 Minute Dash Diet Recipes: Quick Meals For Busy People





Synopsis

Dietary approaches to stop hypertension (DASH) diet are an approach towards a balanced diet, which will help to maintain a healthier lifestyle and live longer. The DASH diets have been researched and approved to provide the claimed benefits by the National, Heart, Lung, and Blood Institute. This kind of diet includes foods, which are low in salt (sodium) and rich in nutrients, which prevent hypertension and helps lower blood pressure. Since the DASH diet includes healthy foods, it also helps to prevent other health concerns such as osteoporosis, diabetes, cancer, and heart diseases. In this e-book, you will find DASH diet recipes, which are well researched to provide the above mentioned health benefits. These recipes as well as being beneficial for health are also delicious, and can be made in a jiffy; to be exact, just under 15 minutes. Whatâ ™s more? Find Dash diet recipe for all phases, made in just 15 minutes, this eBook will give you: 1. Complete recipes with serving limit, cooking time and nutrition value 2. Dash diet recipes for all phases 3. Complete step by step directions to easily make the recipes So read ahead, to start living a healthier life!

Book Information

Paperback: 106 pages Publisher: CreateSpace Independent Publishing Platform (April 6, 2014) Language: English ISBN-10: 1497567068 ISBN-13: 978-1497567061 Product Dimensions: 8.5 x 0.2 x 11 inches Shipping Weight: 11.8 ounces (View shipping rates and policies) Average Customer Review: 3.5 out of 5 stars Â See all reviews (14 customer reviews) Best Sellers Rank: #82,239 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #23 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #261 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

The recipes are ok and fast, but lack suggestions for condiments to put a better taste into the food.

The book was ok, but some of the recipes were for over 10 people. That's not really practical. I live alone and that made for a lot of conversion.

An abundance of practical and affordable recipes. Unfortunately, as a cancer survivor I have other dietary restrictions (no inflammatory family foods - like peppers, tomatoes, etc) I have to modify many of the recipes which I think interferes with the flavor potential. It would be great to have a cookbook that helps to figure out how to season foods without using salt AND inflammatory ingredients. That being said, this is a great tool for people working the DASH diet for blood pressure or weight issues. So far, all of the recipes I have tried worked flawlessly.

This book just wasn't impressive. It reminds me of printing recipes from the internet.Would not recommend...

This book has nothing to do with the real Dash Diet that helps lower blood pressure and shed weight. The title is misleading. None of the recipes have the sodium count and this is the main focus of the real DASH Diet. Having used the real DASH diet I know that most of these recipes are high in sodium. WIsh I had not wasted my money. :(

Poorly printed and bound--just use the great recipes in the DASH Diet book. You can find better recipes for free on Pinterest or the Internet.

Pictures inside are in B&W; food doesn't look as appetizing as if getting the full color of the dish.

DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 15 Minute Dash Diet Recipes: Quick Meals for Busy People DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) DASH Done Slow: The DASH Diet Slow Cooker Cookbook DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way Dash Diet Slow Cooker Recipes: Fresh, Flavorful Recipes from Around the World Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Japanese for Busy People I: Romanized Version 1 CD attached (Japanese for Busy People Series) Japanese for Busy People I (Japanese for Busy People)(Revised Edition) (Vol 1) Japanese for Busy People III: CDs (Japanese for Busy People Series) (Pt.3) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Toaster Oven: 30 Quick and Easy Homemade Recipes and Oven-Baked Meals to Cook for Two (Creative Cooking & Healthy Meals) Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People (Paleo Diet Solution Series) 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) 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 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) Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Rice Cooker Meals: Fast Home Cooking for Busy People: How to feed a family of four quickly and easily for under \$10 (with leftovers!) and have less ... up so you'll be out of the kitchen quicker!

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