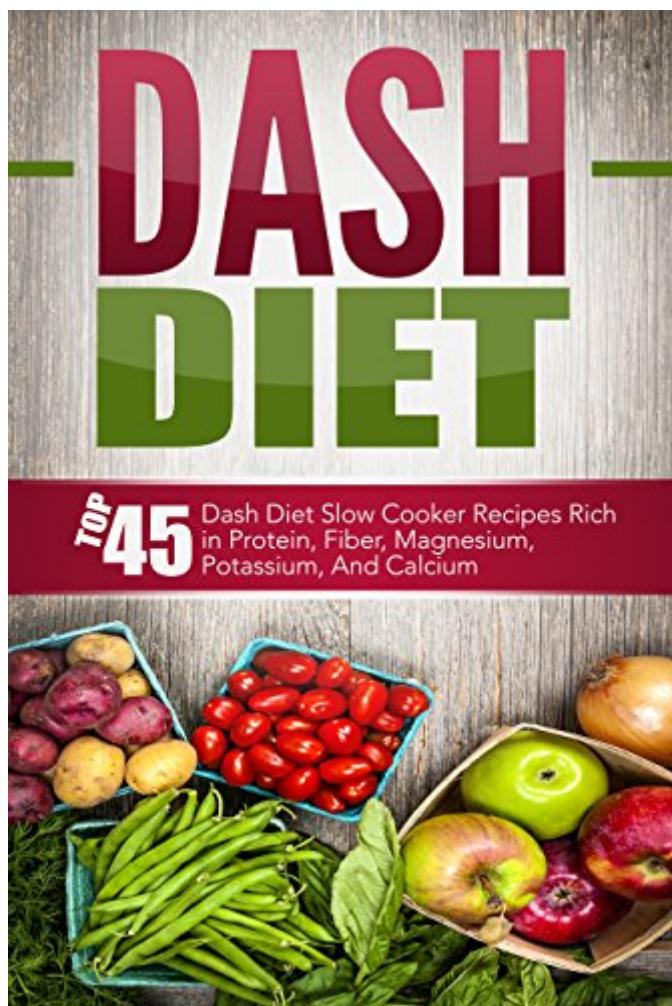


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# **Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich In Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook)**





## Synopsis

Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And CalciumFoods rich in potassium, calcium, protein, and fiber, which are crucial to fending off or fighting high blood pressure, are emphasized in this book. Foods packed with salt, which is known to hike blood pressure, and saturated fats, which raise the risk for heart disease, are all but squeezed outChange your life for the better right now by improving your diet! The Dash diet is highly recommended by health experts because it is nutritious, affordable, easy to follow, and full of variety!In this book you will understand more about the Dash diet and its benefits and also learn 45 healthy yet delicious, easy to prepare, and inexpensive slow cooker recipes that are consistent with the basic guidelines of the Dash diet. The recipes in this book include breakfast, soups, main course dishes, salads, dips and sauces, and even dessert!Remember, as long as you have the determination, discipline, and motivation, you definitely can achieve a beautiful and healthy body. Enjoy the perks of living a healthy lifestyle with the guidance of the Dash diet. Here Is A Preview Of What You'll Learn...Whole Wheat Banana and Pecan Breakfast CakeGreens and Papaya Breakfast DrinkSpring Vegetable Soup with ChickenBlack-eyed Pea, Collard, and Sweet Potato SoupStir-fried Sirloin, Asparagus, and ShiitakeBrown Rice Paella with Asparagus, Shrimp, and CodMango, Black Bean, and Shrimp SaladCilantro and Lime Brown RiceHot Hummus with Curry Pita ChipsCrunchy Slow Cooked PearsChocolate Almond BarsTurkey and Spinach Meatballs in Tomato SauceMuch, much more!Download your copy today!Try it now, click the "buy" button and buy Risk-Free

## Book Information

File Size: 3646 KB

Print Length: 92 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 30, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00T0MFWJI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #620,770 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62  
in Books > Health, Fitness & Dieting > Nutrition > Fiber #110 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #190 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt

## Customer Reviews

I am very impressed with the quality and quantity of recipes in this book. I recently had a family member diagnosed with high blood pressure and cooking was becoming difficult. The recipes in this book are very helpful to me because they are simple, use basic ingredients and the best part, I can use my crockpot! These recipes may be low sodium, but so far my whole family has enjoyed them and didn't even notice. So far our favorite is the Cauliflower Mac and Cheese! This is absolutely delicious! The strawberry and baby spinach salad is very good and we loved the Peanut Butter Cake! This is an all around great cookbook, and I would recommend it to anyone who has high blood pressure or has to cook for someone who does.

I am very much into learning about and trying new and different diets. The Dash diet has interested me enormously. High blood pressure runs in my family and I am at high risk for it. Anyway I can reduce the amount of sodium and sugar in my diet, I try. This book is great as it explains exactly what the dash diet is and how to start the diet. I can't wait to try out some of the many recipes in this book. The breakfast drinks look awesome! For example, the Apple and Kale drink and the Greens and Papaya Breakfast Drink. This is definitely one of those cookbooks to keep in close reach perhaps in the kitchen. With 45 great recipes that are healthy and easy to make, you'll be sure to keep your blood pressure under control. Great book! 5 stars!

In here, you can have better understanding about Dash Diet. The benefits as well as the right information. Also the 45 recipes captivates me more because I find them delicious, healthy and the most important is, it will save you bunch of money because it is inexpensive which is great. Totally, loved it!

Amazing. since i found out about this from a companion, i never quit researching truths about the dash diet. It is exceptionally baffling however that i need to search numerous site and rundown the

recipes i saw one by one. What i cherish about this digital book is it as of now did everything for me! It has these numerous formulas that i can plan. Also the vast majority of the formulas are solid yet heavenly, simple to prepare, and modest. It upheld me with my objective on attaining to a beautiful and healthy body.

I am very much into learning about and trying new and different diets. The recipes in this book include breakfast, soups, main course dishes, salads, dips and sauces, and even dessert! Highly recommended.

I consider myself a health nut and I found this book hoping to find some great new recipes. David Richards delivered in this book and I can't wait to try out some of his recipes, they all sound so delicious! Keep up the great work.

Excellent diet book.I didnt know much about this diet before I started the book.The book is jampacked with helpful information andthe recipes were great.Lots of great possibilities for benefit with this diet!

Waste of \$. Most recipes are basic stuff I've already made. Not worth the \$. If I could, I'd return it for my money back

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