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# DASH Diet 2016 The DASH Diet Healthy Heart Slow Cooker Recipes Cookbook



## Synopsis

You are about to discover an eating plan that promotes healthy weight loss, lowers your blood pressure and lowers your cholesterol! In 2016, The DASH Diet (Dietary Approaches to Stop Hypertension) has been named the #1 Diet and Eating Plan available today by Consumer News and World Report for the sixth year in a row! The DASH Diet has been voted Healthiest Diet and Best Overall Eating Plan! What exactly is The DASH Diet and DASH Eating Plan? The DASH Diet is a low fat, low sodium, high potassium, balanced diet plan based on eating whole grains, vegetables, fruits, low fat dairy, legumes, nuts, seeds, lean meats, poultry and fish. Are you looking for Delicious? Luscious? Mouthwatering? Succulent? Tasty? Yummy? AND Super Healthy? If so, you<sup>TM</sup>ve come to the right place! In this revised cookbook, you will find amazing Slow Cooker Recipes developed specifically for The DASH Diet and DASH Eating Plan. Enjoy absolutely delectable, easy to prepare recipes that focus on spices and flavors, not salt and fat! Start improving your health today!

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## Book Information

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