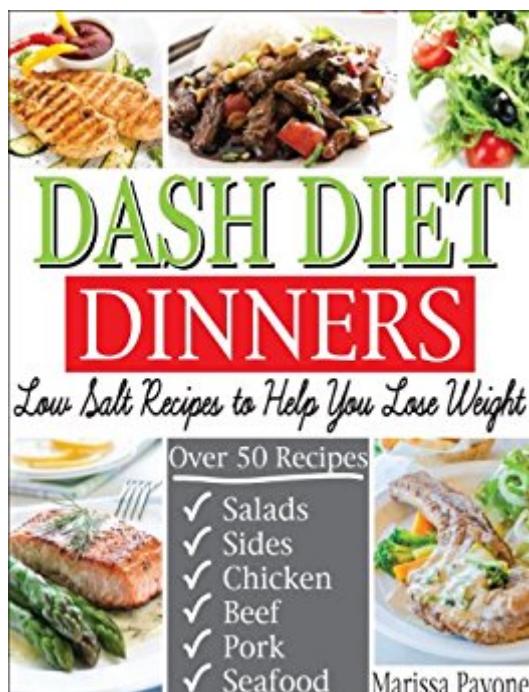


The book was found

DASH DIET DINNERS: Low Salt Recipes To Help You Lose Weight, Lower Blood Pressure, And Live Healthier



Synopsis

Finally a DASH Diet Dinner Cookbook After bringing you DASH Diet for Beginners, Marissa Pavone has put together a collection of Dinner options to take the stress out of planning your dinners. The Dash Diet has been named the #1 DIET 3 years in a row! Heart healthy meals will make you feel great, and help lower blood pressure. Inside you will find specific recipes centered around:- Chicken- Beef- Seafood- Pork and more! Scroll up to grab your copy today!

Book Information

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Customer Reviews

How can a cookbook whose selling point is healthy low sodium, low fat, low calorie recipes not include any nutrition information for each recipe? I'm on a low salt diet. I'm expected to believe that lemon chicken recipe is low enough in sodium to fit into my diet because she doesn't provide that information. Could be 200 mg per serving or 600. Useless for me or anyone actually keeping track of numbers.

Very disappointed because there are no portion recommendations or caloric counts. This book is not worth any amount of money. I do not recommend it at all.

Bought this book for my Daddy to use with the Dash Diet program he was put on by his physician. I was juicing and eating a Paleo diet myself, but when I saw his, I realized that it was much more balanced and easier to follow for the men in my life. It is recommended for people with high blood pressure, diabetes, high cholesterol, etc... I find the recipes are hearty for men to adapt to much easier than any other that I have ever seen.

As someone who says she "doesn't cook," I was delighted to have these practical, easy, basic recipes that I could imagine preparing for myself and partner who has recently been diagnosed with heart problems. It also allowed me to make a list of spices and sauces that I should have on hand, as I experiment with ideas from this book. I can't wait to get started.

GREAT READING

Restricted to a low salt diet I had no idea where to start. This wonderful diet book has been a life saver. It taught me that food could taste good even when it was low salt. I have recommended that any of my friends, on a low salt or not, get their own copy and stop borrowing mine! It has become very popular among my health conscious friends. I am so grateful that I found it - or - as I believe, it found me.

Okay I cook a lot. Most of these recipes are tried and true. I like that there's no extra salt added. BUT, a lot of the recipes seem a bit sweet for me. I don't mind spicy or tangy, I just can't handle sweet food. That's just me though. So with some tweaking I could work them.

Dash diet dinners and recipes are great. They taste good and are good for you. Although they are low in salt, they remain high on the taste list because of spices and condiments the recipes call for. The food has its own wonderful flavor. Who needs salt?!

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Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes)

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