

Discover Over 40 Mouthwatering DASH Diet Recipes to Help You Lose Weight, Lower Blood Pressure and Feel Amazing! ???BONUS: Free New Release Bonus Book Offer With Your Download??? As you know, a proper diet is vitally important to living a healthy lifestyle. My experience has shown me that many people hesitate to committing to a diet plan because they are a). not confident that itll work and b). the diet plan itself is confusing and not easy to follow. What if you could follow a plan thats virtually guaranteed to make you feel better and help you lose weight? What if this plan was simple, effective and just what you need at this moment? This book presents a meal plan solution that is easy to follow and easy to start! Each recipe displays a nutritional analysis breakdown including: calories, protein, total fat grams, saturated fat, carbohydrates, sodium and cholesterol. Some of the mouthwatering recipes you will learn in this book include: ? Baked Applesauce Oatmeal ? Cornmeal Pancakes ? Potato Spinach Frittata ? Farfalle with Asparagus and Cherry Tomatoes ? Shrimp and mango salad ? And much, much more! Would You Like to Know More? DOWNLOAD:: Dash Diet Action Plan and Recipes for Busy People Scroll to the top of the page and click the buy button for instant reading Start feeling better today! ----- Tags: dash diet kindle, dash diet action plan, dash diet for weight loss, dash diet cookbook, dash diet recipes, dash diet younger you, dash diet book

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