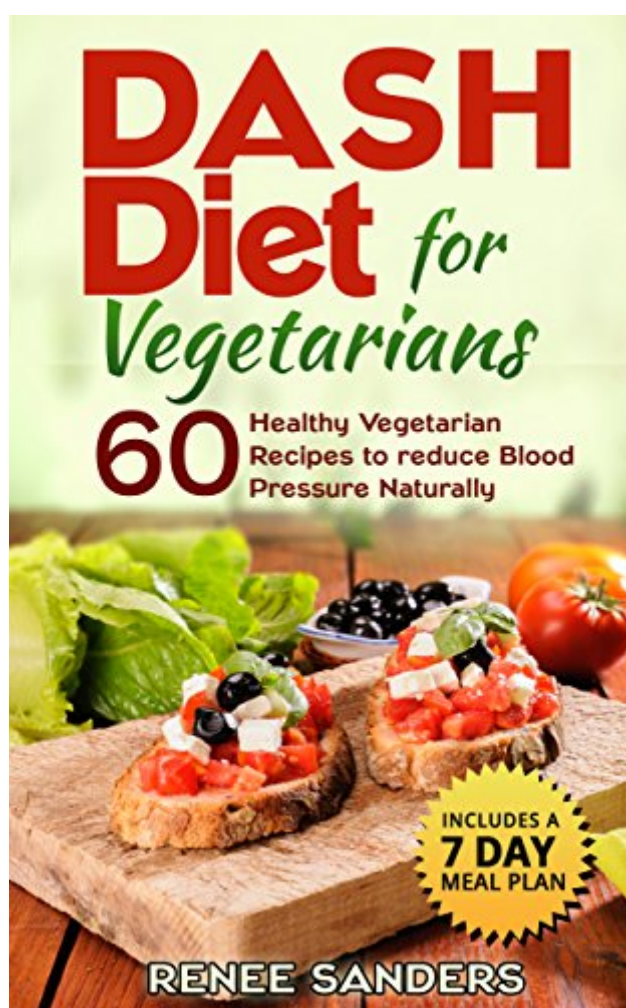


The book was found

Dash Diet: Dash Diet For Vegetarians: 60 Healthy Vegetarian Recipes To Reduce Blood Pressure Naturally (DASH Diet Cookbooks)



Synopsis

DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet! Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardio vascular diseases or diabetes because of hypertension? Not sure how to reduce your body weight without going on a crash diet? DASH Diet is the solution! Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet: For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News & World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone. Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium.

DOWNLOAD: DASH Diet for Vegetarians: 60 Healthy Vegetarian recipes to reduce Blood Pressure Naturally Here Is A Preview Of What You'll Learn in this book... What is the DASH Diet? Guidelines to be followed while DASH Dieting 60 Delicious Vegetarian Low Sodium recipes that include Soup Recipes like Green Broccoli Soup, Roasted Red Pepper Soup Salad Recipes like Pineapple Cucumber Salad, Spinach Salad with Berries Breakfast Recipes like Chia Seed Porridge, Apple Pie Quinoa Casserole Appetizer Recipes like Avacado Dip with Tortilla, Spicy Tomato Crostini Main Dish Recipes like Stuffed Eggplant, Mango Salsa Pizza Dessert Recipes like Sautéed Banana with Caramel Sauce, Peach Crumble

FREE Access to the Audio Book of Blood Pressure Solution Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet! Take action today and download this book for a limited time discount of only \$2.99! Download your copy today by scrolling to the top and clicking the BUY NOW button!

Tags: DASH Diet, Dash Diet for Weight Loss, Dash Diet Cookbook, Dash Diet for Beginners, Dash Diet Recipes, Dash Diet book, Dash Diet recipe book, Dash Diet Vegetarian, DASH Diet Vegan, DASH Diet Action Plan, DASH Diet Dinners, DASH Diet Breakfast, DASH Diet Beginners, DASH Diet Desserts, DASH Diet for Vegetarians, DASH Diet for hypertension,

Book Information

File Size: 3703 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publisher: Awesome Life Resources (January 22, 2015)

Publication Date: January 22, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00SNOB3YM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #398,206 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #110

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #135

in Books > Cookbooks, Food & Wine > Special Diet > Low Salt

Customer Reviews

I am a vegetarian now for how many years and since then I never stop collecting health books & recipes in order for me to experience and taste other delicacies. I got this book out of curiosity as to what Dash diet do, and I may say wow...I learned so many things, new information about diet, as to what foods that needed to be avoided or reduced. Aside from all that information, the mouth-watering healthy recipes are what I love most. I just want to say thank you for the author for providing a photo for every recipes. All the best for this book

I can't find the included 7 Day Meal Plan. I had trouble accessing to the FREE Dash Hamper (<http://dietcookbooks.co/dashdiet/>) Disappointed!Update(May 4, 2015): If I remember aright, I somehow contacted via email. Eventually I got its reply that said it was the author's responsibility to take care of the connectable link. Shortly the author did notice my comment and emailed me with the downloadable link. Finally I could print the 7 Day menus and shopping list.

I LOVE this book! I've been a vegetarian for 40 years, and although I have no blood pressure problem, I do have a problem with coming up with new and inventive recipes. This book solves that problem. Just the pictures alone are worth it. I can't wait to jump into some of the main courses and try several of the soups. I have a left over pumpkin from the holidays that should be perfect for the pumpkin soup concoction. The pear and walnut breakfast spread is delicious. Yep, if you're into healthy eating, you'll love this book!

The Dash Diet for Vegetarians will help you easily to cook a variety of healthy and delicious foods. I am a hobby chef and I love to cook, so I have been reading many books about different diets, but the recipes in this one are really outstanding. It is very easy to cook the dishes and the results are just super delicious and nutritionally well balanced, which will provide many many advantages. Thanks to the author to providing such tremendous value!

Dash Diet for Beginners is a quality guide that explains the basics straight up about this heart healthy diet. I have studied this eating strategy extensively and feel this guide does a nice job explaining the benefits and basic concepts of dash diet eating. The author writes in a logical order with smooth tone and references for backup. This just helps with credibility. Bottom line is I think if you are curious about this diet plan to lose weight and get healthy, then you need to buy this book!

Without much effort, I lost 40 lbs. in six months just by following the principles of the DASH Diet for Vegetarians! Some good recipes in this book, too. And I would not call this a "diet." It helped me completely change the way I eat; I'll be eating this way for the rest of my life.

I'm someone who really enjoys trying different diets lately. I decided to purchase this book because I'm interested in finding out more about the dash diet for vegetarians. this book contains a wealth of information for those getting started in the Dash diet while staying vegetarian. I feel very comfortable recommending this book to others who are looking for this.

These DASH books have no page numbers and therefore no real index. The recipes aren't on separate pages but run together from one page to the next, so the title of a recipe may be on the previous page, there are numerous spelling errors and typos, and a great many word and quantity omissions.

[Download to continue reading...](#)

Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) 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) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes) Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure,

High BI) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)