



365 Days of Dash Diet Recipes

Juilanna Sweeney

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DISCOVER 365 DAYS OF DELICIOUS DASH DIET RECIPES TODAY! *** As a Special Thank-you for Your Purchase Today, You'll Receive a FREE BONUS At The End of Your Book*** If you want to prepare amazingly delicious meals and stick with your Dash Diet then this recipe book is for you.... The Dash Diet has proven to be one of the healthiest, most effective diets out there that works not only to lower the body's blood pressure but to ensure weight loss, as well. When taking the first steps on a new diet program, however, it can be overwhelming to try and come up with meal ideas and recipes that will keep you in shape and in line with the diet. However, this does not have to be as daunting an experience as you think, which is why this book featuring 365 Dash Diet recipes is perfect for you. You now have a comprehensive list of delicious, healthy, Dash Diet-friendly meals you can prepare every day for an entire year! This book will allow you to discover all of the benefits of Dash Diet cooking and will even help you to discover some new meals that will quickly become your favorites. **INSIDE THIS RECIPE BOOK** you'll discover 365 Dash Diet recipes that are tasty, healthy, and will aid you on your journey toward weight loss. You can go through the book one at a time, picking one recipe to prepare each night, or you can skip to some of the classics and compare them to what you already know. The possibilities are endless, yet no matter what you choose, you will still be faithful to the Dash Diet regiment, which is something that you can feel good about! **To Get Started, Scroll Up And Grab Your Copy! --Download Now-- HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK • Pumpkin Pie Smoothie Delight •Veggie Tortellini Salad • Peppered Sirloin Steak • Pork Tenderloin Crock Pot Sauerkraut • Eggplant and Pasta Ratatouille • Cinnamon & Almond Rice Pudding •MUCH MUCH MORE! HERE IS WHAT YOU WILL FIND INSIDE!...** •Introduction •What is the Dash Diet •Why DASH Diet / Benefits of DASH Diet •DASH Diet Food List •Tips for the Dash Diet •Dash Diet Recipes •Dash Diet Breakfast Recipes •Dash Diet Appetizers and Snacks •Dash Lunch Recipes •Dash Diet Dinner Recipes •Dash Diet Slow cooker Recipes •Dash Diet Desserts •Dash Diet Drinks •Free Bonus Gift •Much Much More!

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