



Dash Diet for Weight Loss: More Recipes to Lose Weight, Improve Your Health Simply and Easily (Paperback)

By Marie Harris

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Frustrated with other diets that have you feeling hungry all the time? Right now you could be eating mouth-watering meals while you get healthier and lose weight at the same time! Do you want a simple and sustainable way to lose weight AND lower blood pressure without gimmicks and starvation diets? This book is a follow up to my first one entitled: DASH Diet for Weight Loss: A Proven Solution to Lose Weight, Improve Your Health Simply and Easily Read the great comments other buyers have for the first book DASH Diet for Weight Loss It s all about changing habits to achieve weight loss and the healthy menus provided make it easy to follow. The additional recipes at the end are a bonus. - Carol Wow, I love how this book is organized. It gives a great concise into to the diet and how it can promote weight loss and lowering of your blood pressure. It then provides you a great weekly meal plan to get started followed by some great looking recipes for Breakfast, Lunch, Dinner and most...



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Reviews

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