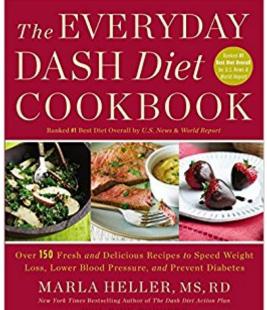
The book was found

The Everyday DASH Diet Cookbook: Over 150 Fresh And Delicious Recipes To Speed Weight Loss, Lower Blood Pressure, And Prevent Diabetes (A DASH Diet Book)



With RICK RODGERS



Synopsis

THE DASH DIET IS HEALTHY AND DELICIOUSA healthy diet is only as good as the food it provides in its plan. Now in THE EVERYDAY DASH DIET COOKBOOK, bestselling author and foremost DASH expert Marla Heller, together with bestselling cookbook writer Rick Rodgers, makes it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, a group of almost 130 million people, and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle. With recipes such as Cinnamon French Toast with Raspberry Sauce, Filet Mignon au Poivre, Yankee Clam Chowder, and Chocolate Fondue with Strawberries, eating health has never been so easy and delicious.

Book Information

Series: A DASH Diet Book Hardcover: 240 pages Publisher: Grand Central Life & Style; 1 edition (June 4, 2013) Language: English ISBN-10: 1455528064 ISBN-13: 978-1455528066 Product Dimensions: 7.8 x 1 x 9.8 inches Shipping Weight: 2 pounds (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars Â See all reviews (339 customer reviews) Best Sellers Rank: #2,132 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #16 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

This book has the ability to change countless lives. Eating more fruits, veggies and whole grains can only improve anyone's life, particularly those of us who rely on restaurants, take out, and yes our beloved Costco pre-made foods, to feed our overworked, tired, too sedentary bodies. This diet can teach you how to enjoy food that tastes like nature intended it to taste, minus the fat, sugar and especially SODIUM that we love and crave so much. I only gave this cookbook a 3 Star rating because of two things. First, the portions are too small. Yes, I know that nutritionists want us to eat tiny meals upteen times per day, drink only water and never drink more than 4 oz per wine a day. HA! Let them try to live with my husband on that plan for a week! I'd rather not!! So...why not keep

portions large enough to satisfy large, hungry people and yet fill those plates with more veggies, fruits and lean meats. This diet claims to do this, but the actual portions given in the recipes are very small, even in the veggie dept. The second reason this book is not a winner in my opinion is because the title is misleading. I wouldn't use these recipes "Everyday," as they are too complicated and time consuming for daily use. I will keep the book, as it certainly has some recipes worth making but it isn't one I would grab for a quick dinner after a long day. The American Heart Association Cookbook would be a much better choice, the newer one not one of the older ones, as the recipes in the older ones tended to be bland and boring. Also, going back in time, it is well worth giving space on your cookbook shelf to Jane Brody's Good Food Book. I'm not sure it's in print but get it if you can! She believed in large, filling portions but small amounts of meat, fat and sodium.

Download to continue reading...

Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) DASH Diet: The DASH Diet for Beginners - Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed 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) 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) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet, smart blood sugar, sugar detox Book 4) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight guickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

<u>Dmca</u>