



# **DASH Diet in 15 Minutes: 75 Quick & Easy DASH Diet recipes in under 15 Minutes (Volume 4)**

*Renee Sanders*

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## **DISCOVER: How to prepare delicious and healthy meals in less than 15 minutes!**

*Worried about your deteriorating health? Is it because you eat out very often? Is it because you hardly get the time to cook? Looking for ways to prepare healthy home cooked food? Fed up of skipping your breakfast or dinner? Stressed out about contracting cardio vascular diseases or diabetes? *Not sure how to reduce your body weight without going on a crash diet?* **DASH Diet is the solution** The good news is that you can prepare your own DASH Diet meals by spending a few minutes in the kitchen. This book will help you do just that!*

## **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.

## **DASH Diet in 15 Minutes: 75 Quick & Easy DASH Diet recipes in under 15 Minutes**

**Here Is A Preview Of What You'll Learn in this book...**

- What is the DASH Diet?
- Guidelines to be followed while DASH Dieting
- **75 Delicious under 15 minute recipes that include**
- Soup Recipes like Mint Cucumber Soup, Quick Vegan Cream Soup
- Appetizer Recipes like Pizza Bread Sticks, Honey Popcorn Balls
- Breakfast Recipes like Flaxseed Porridge, Quinoa with Chia seeds
- Main Dish Recipes like Grilled Teriyaki Tofu, Fettucine with Asparagus
- Side Dish Recipes like Steamed Eggplant with Ginger Sauce, Broccoli Slaw
- Dessert Recipes like Strawberry Tarts, Peanut Butter Cookies

- **FREE Access to the Audio Book of Blood Pressure Solution**

## **Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet!**

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#### **Megan Rivera:**

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