



Quick & Easy Dash Diet Cookbook: 77 Dash Diet Recipes Made in Minutes

Rockridge Press

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Easily add fresh DASH diet meals to your daily life with *The Quick & Easy DASH Diet Cookbook*.

If you're among the 50 million Americans who suffer from hypertension, then the DASH diet, rated #1 Best Diet Overall by *U.S. News & World Report*, can help you lower your blood pressure, lose weight, and prevent disease. *The Quick & Easy DASH Diet Cookbook* will show you how to create fast and simple DASH diet recipes, packed with hearty vegetables, lean meats, and whole grains, and low in salt and cholesterol. Each recipe in *The Quick & Easy DASH Diet Cookbook* is delicious and healthy, and can be made in under 30 minutes.

The Quick & Easy DASH Diet Cookbook will show you how to make fast and tasty meals that can improve your heart health, with:

- 77 easy DASH diet recipes, such as Lemon-Blueberry Muffins, Fruit Salad with Fresh Mint, and White Chicken Chili
- 9 money- and time-saving tips for eating on the DASH diet
- Grocery shopping guide * Advice on cooking your favorite foods with less sodium
- Instructions for creating a DASH diet meal plan

With wholesome recipes and clear-cut advice, *The Quick & Easy DASH Diet Cookbook* makes heart-healthy eating simple and fast.

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