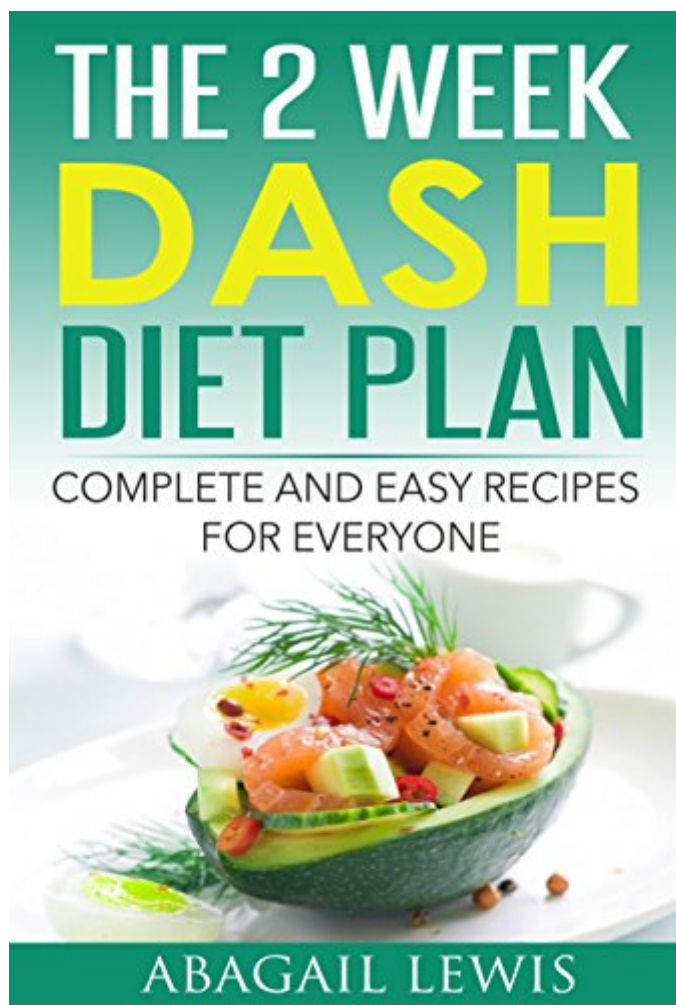


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The 2 Week Dash Diet Plan: Dash Diet For Weight Loss



Synopsis

For a Limited Time free gift inside! You have difficulty choosing an effective diet? If the answer to the question above is yes then this book is for you. The 2 week DASH diet plan is a way to re-balance your food so you can enjoy healthy options for everything that you take in! Because we worry so much about work stress and getting through the day, we sometimes fail to look at the amount of salt that's in the processed foods we eat. That's where the DASH diet comes in because the DASH diet ensures that not only are you having a lot of fiber, but you're tying in a lot of protein through fresh meats like fish and other seafood, turkey, chicken, beef, and tofu. Why you should check out The 2 Week Dash diet plan This book will be a great for you if you want: To Get an easy to understand 2 week diet plan Learn facts about The Dash diet Learn how to combine Dash diet and exercise Learn which plant-based foods work the best Get easy tips and tricks in order to make your diet easier Get Breakfast, Lunch and Dinner recipes And much more! Everything in this book is simple and easy to follow The DASH diet is an extremely easy, delicious, and efficient way to lose weight, lower blood pressure, all while staying healthy. Not only this, but there are many other health benefits talked about in this book. A huge benefit is that it improves your body's ability to convert fat into energy, and this is important because your body will feel amazing and you will experience incredible energy boosts. In this book you will learn EXACTLY what to eat and what NOT to eat while on the Dash diet. You'll get easy to learn recipes for breakfast, main dishes, and even snacks. Enjoy your reading. Take action now! Pick up your copy today by clicking the Buy Now button at the top of this

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Customer Reviews

NICE BOOK

This 2 weeks DASH Diet plan not only focuses on low sodium food but also emphasizes on whole food, whole grain, low fat dairy and healthy lifestyle changes. The plan is actually divided into 2 phases with each phase lasts about 2 weeks. Therefore, it will take minimum 4 weeks to complete the plan. Other than the healthy recipes, there are also tips to get you transient over to DASH Diet easily. Dash Diet is not about denying you the food but instead making a healthier choice out of it.

Good book, as the author first explains about DASH and then guides you through tips and tricks how it's beneficial for you. We can read their list of recipes and plan our diet chart. I have just started to follow their weekly chart given inside for my diet planning. Recipes seems delicious as I have tried the Tenderloin recipe it's great. It is compact book for those who want to lose weight, hypertension sufferer, and those who have high blood pressure. Thanks!

At my age now, I'm a bit overweight and I'm into the border line of being hypertensive. My doctor advised me to take less of salty and fatty foods. Being worried, I wanted to change the way I eat and everything thus I got this 2 Week Dash Diet plan. As I have made a quick read, I now know where and how to start my desire to reduce my sodium intake. I am very glad that there are recipes that would aid in making those steps toward body sodium reduction and eventually live a healthier life. I will surely keep this one as my reference. I highly recommend this book to other readers. Very nice one!

Very good, clear instructions and reasoning. HOWEVER, PLEASE EDIT. The text has so many grammatical errors, reading is interrupted with a jolt. Very irritating. Very poor quality grammar.

This book is filled with great information about the DASH diet, and how it can help you lose weight and lower your blood pressure, which makes this book perfect for overweight people who want to start living a healthier life. The book not only has some delicious recipes, but also some great tips and information that will help you understand exactly what the dash diet is and how it works. Good book!

I really enjoyed the lunch menu, Abigail Lewis gives direct instructions on her dishes and the bean and sage soup was so yummy. I gave the book a 5 star rating because it was exactly what I was looking for and was well written.

This book contains enough information to help people begin to move in the direction of improving their health and weight loss. Here the reader will find a ready 14 day meal plan, and the recipes are delicious and refined dishes. Overall, the book provides an excellent combination of user-friendly information and advice for those who are looking to improve their health.

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