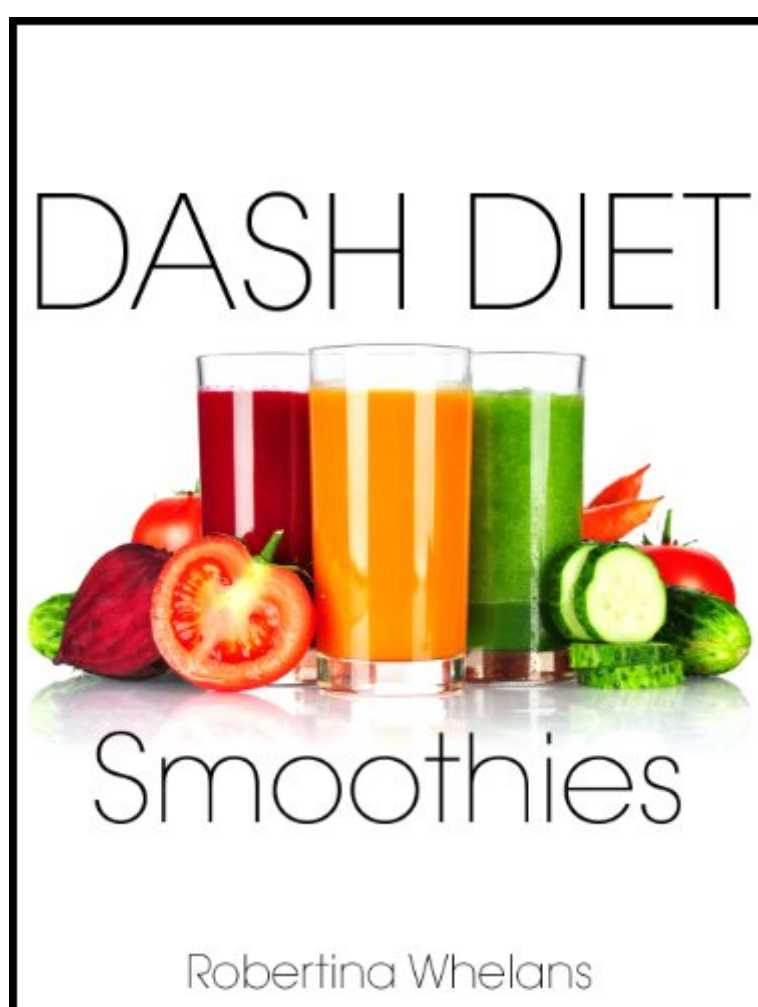


The book was found

# DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight Loss, And Diabetes Diets (DASH Diet Cookbook Book 1)



## Synopsis

The DASH Diet ranks #1 Diet two years in a row for 2013 and now 2014. "The best overall diet" - US News & World Report, 2014 The DASH diet is NOT a diet of gimmicks, but rather a lifestyle that works. LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR LEVELS -- LOWER CHOLESTEROL -- LOSE WEIGHT With high blood pressure affecting one in three Americans, the DASH diet offers very real and positive steps to take in order to bring health back to balance. There is a strong emphasis on fruit and vegetables with this food plan, and DASH Diet Smoothies offers a great introduction into increasing your fruit and vegetable intake. Nutritious, delicious and guaranteed to delight your taste buds, these recipes will keep you coming back again and again. Get your copy of the DASH Diet Smoothies recipe cookbook today.

## Book Information

File Size: 777 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publisher: Ordinary Matters Publishing; 1st edition (March 16, 2014)

Publication Date: March 16, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00J2GXKN2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #126,485 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

in Â Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy

#89 in Â Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #103 in Â Â Kindle

Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

## Customer Reviews

the DASH diet was made popular after it has proven to be an effective way to reduce high blood pressure. The smoothies recipes in this book will go nicely with this diet as they are very nutritious

and are a good way to consume the fruit and veg in this diet. Recommended!

This book has tons of great creative smoothie recipes, plus gives info about the dash diet and what smoothies are all about I really liked the chocolate banana smoothie, and dreamy raspberry smoothie. Thanks

This book was a great find. Now we can have dash diet smoothies without having to compromise on great taste. Highly Recommended!

This book gives some nice recipes for smoothies that are not so high in calories and carbs.

Easy to read and make the recipes, and they taste great. I recommend this book to anyone looking for a quick lunch or breakfast that is still healthy.

I bought this book because my daughter loves her fruits and veggies and I wanted to make her some yummy smoothies for breakfasts. We tried the banana and coconut cream this morning and it was delicious! Going to make her the strawberry cucumber one tomorrow and try to fit some veggies in. Thanks!

I'm a big time lover of smoothies! There's nothing more quick, easy and extremely nutritious than a well-balanced smoothie. That's why I purchased this book. The author shares a ton of really creative recipe ideas that are super simple and extremely tasty. My fav's are the: orange ginger, sunshine smoothie and the spicy mandarin smoothie. Yum.. Very satisfied!

Husband happy with the book.

[Download to continue reading...](#)

DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) DASH Diet Smoothies: For Low Salt, Low Cholesterol, Weight

Loss, and Diabetes Diets (DASH Diet Cookbook Book 1) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Ketogenic Diet: Lose Weight Fast by Eating More Fats (Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) 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) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) [DASH Diet Book 2] THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. (60 DASH Diet Recipes Under 30 Minutes) THE DASH DIET WEIGHT LOSS SOLUTION 2017: Balance Blood Pressure; Reduce the Risk of Diabetes, Be Healthy. [DASH Diet Book 2] (60 DASH Diet Recipes Under 30 Minutes)

Contact Us

DMCA

Privacy

FAQ & Help