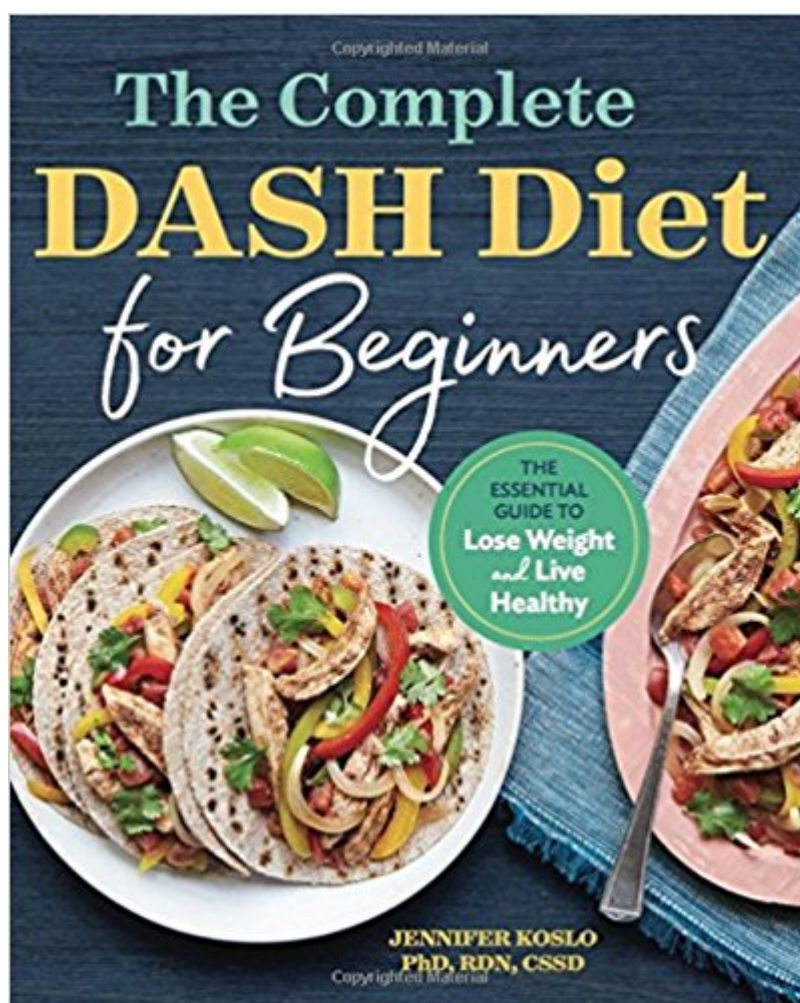




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The Complete DASH Diet For Beginners: The Essential Guide To Lose Weight And Live Healthy



Synopsis

From one of the nation's leading voices on heart-healthy nutrition, The Complete DASH Diet for Beginners is your all-in-one guide to lowering your blood pressure, decreasing your cholesterol, and losing weight with the #1 doctor-recommended DASH diet. The standard American diet is filled with cheap, processed foods that can lead to hypertension and other health problems. The longer you've eaten these foods, the more difficult it can be to swap them out for healthy, whole foods. The Complete DASH Diet for Beginners offers the easiest way of starting and sticking with the DASH diet by walking you through every step, ensuring your evolution to better health is as stress-free as possible. The Complete DASH Diet for Beginners sets you up for long-term weight loss and hypertension recovery by delivering: • DASH in 5 Steps • a practical guide that will kick start your DASH diet eating plan and simplify your transition to the DASH diet lifestyle. Two 7-day DASH diet meal plans that include suggestions for shopping on a budget and making the most of leftovers. 75 easy, delicious recipes that use no more than 5 familiar main ingredients and serve no more than 1-4 people. Expert guidance from cardiac rehab dietitian, Jennifer Koslo, who has used the DASH diet to help numerous clients lower their blood pressure and lose weight. As the author of numerous successful meal plan cookbooks, such as The Heart Healthy Cookbook for Two and Diabetic Cookbook for Two, Jennifer knows what it takes to help readers improve their heart health and manage other concerning conditions. Now, in The Complete DASH Diet for Beginners, she shows you exactly what you need to do to achieve the results you want and serves up everything you need to get there on one simple, delicious, heart-healthy platter.

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Customer Reviews

JENNIFER L. KOSLO, PHD, RD, CSSD, ACE-CPT is a registered dietitian and nationally recognized nutrition expert. She is the author of The Heart Healthy Cookbook for Two, Diabetic Cookbook for Two, Alkaline Diet for Beginners, and The Insulin Resistance Diet, among other titles. As a cardiovascular dietitian, Jennifer provides patients with nutritional assessments and education, as well as cardiac rehabilitation education. Learn more at KoslosNutritionSolutions.com.

This book could be called Common Sense to Health. Whether you are overweight and/or unhealthy or just looking to learn basics of eating good food and feeling better this is a great place to understand changes to make. There is a good 5 step action plan to getting on track with movement and foods in Chapter 2. Then check out the two week plan and shopping list to get you started. I'm impressed with the recipes for being easy and healthful as well as many being budget friendly, and using 5 main ingredients. The one pot and sheet pan recipes are crazy good! Get this book to inspire yourself or someone else to start eating better by cooking real food. It's an all around guide to better living. The publisher sent me this book with no charge.

Easy to understand, great meal plans, manageable recipes. I will be using this book for meal planning. Love that I have so many ideas in one book. Plus good price on Kindle ebooks

I thought this was a great book. I think this is great for healthier recipes. It seems to have some good recipes in it. They all seem simple enough for anyone to make them too. I never knew about the DASH diet til I read this either. It was interesting to learn more about that at the beginning of this book. This is certainly one great book for beginners. Disclosure: I received this book for free from the publisher. The opinions are all 100% my own.

This is a very useful guide for eating healthier and it's a diet that is good for just about anyone. I loved the what to eat and what not eat page and the shopping list. The recipes are delicious and you don't have to starve yourself to lose weight and get healthier. Well done!

The Complete DASH Diet for Beginners is a great introduction to the DASH Diet. The author, Jennifer Koslo, is a cardiovascular dietitian and the author of several cookbooks. The book is separated into two parts. The first part is titled "Living the DASH Diet" and includes chapters on starting the diet, as well as two weeks of meal plans with recipes. The second part

contains recipes and is separated into five chapters: breakfast, vegetarian dishes, chicken and seafood, beef and pork, and side dishes and desserts. Each recipe has an ingredient tip or a substitution tip. The recipes are easy to follow, but I would like to see more photos of the finished recipe. I received this book for free from the publisher.

This one was a little harder for me than other diet cook books. Some of the meals I tried still left me hungry. The recipes that I have tried are really delicious though.

Although it wasn't created as a weight-loss diet, the DASH diet often does result in weight loss, which is a huge benefit to those who have diabetes or high blood pressure. Low sodium variations of your favorite recipes.

We hear often that we are what we eat. Many people don't attempt to change their diets for the better until they are diagnosed with a problem. The diet has been shown to improve cardiovascular health. The beginning of the book details basics of the diet including food lists and advice in changing you lifestyle. There is 2-week meal plan consisting of recipes and shopping lists to aid in the change. The book seems like a great resource with several recipes that contain no more than 5 ingredients. The recipes will show you how to make your favorite recipes more heart healthy. I received a copy from the publisher.

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