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## Diet to Lose Weight: Lose Weight Fast with Dash Diet Recipes and Grain Free Goodness

By Adrienne Simmons, Kristina Harper

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Diet to Lose Weight Lose Weight Fast with DASH Diet Recipes and Grain Free Goodness contains both grain free recipes and DASH diet recipes. In this book, you will find weight loss tips in addition to the two weight loss plans. Receive help with the DASH diet menu as you plan your meals for a couple of weeks in advance. The grain free diet and the DASH diet plans each help to lose weight fast. The DASH diet is good for helping to control blood pressure a person can go on the DASH diet for weight loss as well since it promotes eating healthy foods. The Diet to Lose Weigh book features these sections DASH Diet, What Is The Dash Diet, What Is Hypertension and Why Is It Dangerous, How Does the DASH Diet Work DASH Study Daily Nutrient Goals, DASH Diet Guidelines, Using DASH for Weight Loss, Intuitive Eating with the DASH Diet, Making DASH Dieting Easy, Exercise and the DASH Diet, Recipes for the DASH Diet, Appetizers, Beverages, Breakfast, Main Dishes, Sides, Salads,...

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