



Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks)

Renee Sanders

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DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet!

*Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardiovascular diseases or diabetes because of hypertension? Not sure how to reduce your body weight without going on a crash diet? **DASH Diet is the solution***

Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet

For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News & World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone.

Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium.

Benefits of Slow Cooking

This book is a guide to prepare the various DASH Diet recipes using the Slow Cooking Method. This method involves using a Slow Cooker (also known as Crock Pot) which is an electrical countertop appliance that contains an outer metal part, an inner ceramic/ porcelain container and a glass lid. A low heat

temperature is maintained consistently for a prolonged period of time to cook the food. This ensures that the food retains its nutrients, is cooked uniformly and also saves a lot of time for busy people as one doesn't have to monitor the cooking process.

DOWNLOAD: DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker

Here Is A Preview Of What You'll Learn in this book...

- What is the DASH Diet?
- Guidelines to be followed while DASH Dieting
- **60 Delicious Vegetarian Low Sodium Slow Cooker recipes that include**
- Soup Recipes like Potato Broccoli Soup, Spicy Carrot & Pumpkin Soup
- Breakfast Recipes like Cranberry Oatmeal, Homemade Granola
- Main Dish Recipes like Blackeyed peas & Okra, Vegan Spaghetti Squash
- Side Dish Recipes like Caramelized Onions, Sweet Potato Casserole
- Dessert Recipes like Nutella Choco chip cake, Donut Bread Pudding
- **FREE Access to the Audio Book of Blood Pressure Solution**

Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet!

Take action today and download this book for a limited time discount of only \$2.99!

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From reader reviews:

Shannon Batiste:

Now a day those who Living in the era everywhere everything reachable by connect to the internet and the resources inside it can be true or not require people to be aware of each facts they get. How many people to be smart in obtaining any information nowadays? Of course the solution is reading a book. Looking at a book can help people out of this uncertainty Information mainly this Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) book because book offers you rich data and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it as you know.

Shawn Holmes:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to fund but this book possesses high quality.

John Householder:

People live in this new morning of lifestyle always make an effort to and must have the free time or they will get lots of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely without a doubt. People is human not really a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read will be Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks).

Barbara Erickson:

Are you kind of busy person, only have 10 or 15 minute in your day to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are having problem with the book than can satisfy your limited time to read it because all this time you only find guide that need more time to be examine. Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) can be your answer as it can be read by anyone who have those short spare time problems.

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