



Dash Diet Action Plan and Recipes for Busy People: Lose Weight, Lower Blood Pressure and Feel Amazing! (dash diet kindle, dash diet action plan, dash ... recipes, dash diet younger you)
(Volume 1)

Nick Bell

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Learn Tasty and Mouth-Watering DASH Diet Recipes in Order to Become Healthier than Ever!

As you know, a proper diet is vitally important to living a healthy lifestyle.

My experience has shown me that many people hesitate to committing to a diet plan because they are a). not confident that it'll work and b). the diet plan itself is confusing and not easy to follow. What if you could follow an easy plan that's virtually guaranteed to make you feel better and help you lose weight? What if this plan was simple, effective and just what you need at this moment? That's why I produced this book. To share and help others work toward feeling healthier. **Some of the mouth-watering recipes you will learn in this book include:** *Broccoli and Feta Omelette *Egg Salad and Rice To Go *Crisp Chickpea Slaw *All-American Chili *BBQ Turkey Burgers

Plus, Includes A 7-Day Meal Plan You Can Use Right Away!

Would You Like to Know More?...What are you waiting for? See you on the inside so we can get started!

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