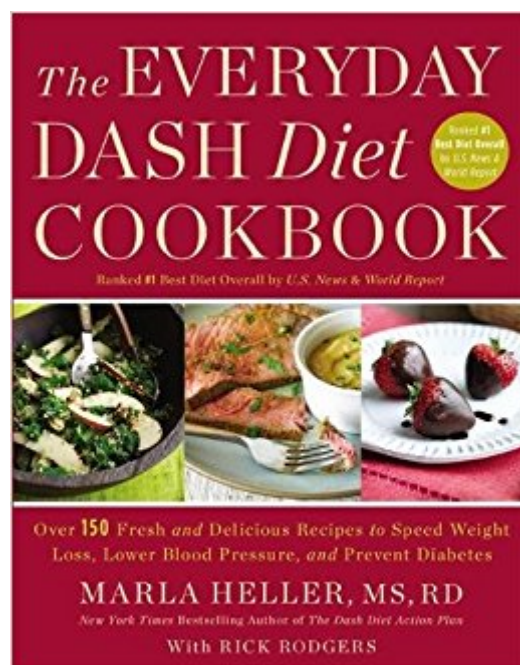


The book was found

# The Everyday DASH Diet Cookbook: Over 150 Fresh And Delicious Recipes To Speed Weight Loss, Lower Blood Pressure, And Prevent Diabetes (A DASH Diet Book)



## Synopsis

THE DASH DIET IS HEALTHY AND DELICIOUS A healthy diet is only as good as the food it provides in its plan. Now in THE EVERYDAY DASH DIET COOKBOOK, bestselling author and foremost DASH expert Marla Heller, together with bestselling cookbook writer Rick Rodgers, makes it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, a group of almost 130 million people, and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle. With recipes such as Cinnamon French Toast with Raspberry Sauce, Filet Mignon au Poivre, Yankee Clam Chowder, and Chocolate Fondue with Strawberries, eating health has never been so easy and delicious.

## Book Information

Series: A DASH Diet Book

Hardcover: 240 pages

Publisher: Grand Central Life & Style; 1 edition (June 4, 2013)

Language: English

ISBN-10: 1455528064

ISBN-13: 978-1455528066

Product Dimensions: 7.8 x 1 x 9.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 405 customer reviews

Best Sellers Rank: #2,880 in Books (See Top 100 in Books) #1 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #3 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #26 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

"The research-based DASH diet emphasizes "real foods" and minimizes processed [foods]; with veteran cookbook author Rodgers, leading DASH expert Heller offers easy recipes (e.g., crunchy broccoli slaw, rosemary pork chops with balsamic glaze) for readers living a healthy lifestyle.

VERDICT These easy, conventional recipes will interest home cooks looking for healthy meal ideas." -- Library Journal "Marla Heller has become famed as one of the nation's leading experts on the DASH diet. Now, in this cookbook, she combines easy-to-follow instructions on following the DASH diet with delicious recipes to transform your weight, your health and your life." --

Examiner.com "Recommended are dietary patterns that emphasize fruits, vegetables, whole grains,

low-fat dairy products, poultry, fish and nuts. . . including the DASH eating plan " -- The American Heart Association, The American College of Cardiology

Marla Heller is a Registered Dietitian, and holds a Master of Science in Human Nutrition and Dietetics from the University of Illinois at Chicago. She was trained in DASH by one of the original architects of the original NIH research and has been working for over 15 years to help her patients put DASH into practice. Heller has been the featured nutrition expert for the Chicago Tribune and Washington Post and she is a spokesperson for the Greater Midwest Affiliate of the American Heart Association. She is the author of New York Times bestsellers The DASH Diet Younger You, The DASH Diet Action Plan, and The Everyday DASH Diet Cookbook.

What I love, love, love about this cookbook (as a Dash Diet follower) is that it used easily assessable ingredients to make delicious meals in a new way. It is easy without being too simplistic. I will be thrilled to serve most all of the recipes in this book to my family. Although I just received it a few days ago I've yet to find anything in the book that my family wouldn't enjoy. The Black Bean Burgers with Salsa are wonderful. This is the perfect cookbook for anyone following the Dash Diet.

Marla Heller has presented a collection of elegant, yet easy, recipes that anyone can prepare and enjoy. This cookbook proves you don't need to be a trained chef or have a kitchen stocked in obscure specialty ingredients to prepare classy and healthy meals following the DASH Diet (which doctors and US News and World Report rank as the #1 food plan year after year for bringing down excess weight, high blood pressure, and preventing/managing diabetes). This cookbook has breakfasts, entrees, sides, salads, and desserts for every taste, including family favorites and fancier dishes for entertaining. The chapter on salads alone is worth the cost of the book. The recipes are thoughtfully presented in an easy-to-follow format, and the book opens with a nice section on cooking using the DASH Diet principles and what items one should have on hand when cooking the DASH way. The book also includes beautiful color photos of many of the recipes. It is a perfect companion to Marla Heller's DASH Diet Weight Loss Solution, but it stands alone as a go-to cookbook that one is sure to go back to again and again. This outstanding cookbook delivers!

Bought this to help bring down my Blood Pressure, my wife and I have been using it for a month now and can already tell the difference in our health. I have dropped a 2.5LBS in a month and blood pressure is slowly dropping as well. Great recipes easy to follow and prepare.

I should of known better. I hate cook books. But I had to try it. My husband has hypertension but has never cared for my healthier meals. So I wanted a book that could show me how to cook healthy-yet delicious. While it gives me some new recipes, it doesn't help much more than the Internet, and doesn't go in depth about how the DASH diet works. It's okay, but I don't love it.

I did not find the recipes easy to make or appealing. I can't find any recipes in really wanting to make.

Lots of recipe options and additional health information. Its amazing how many places sodium hides in our food!

Lots of good, down to earth recipes that don't require hard to find ingredients.

Has some a few good recipes but not a lot of tips about the DASH diet. I guess you have to buy the other book for that. I was hoping that the book would show how to use the different recipes to fit into your meal plan. There are not a lot of pictures and the ones that they do have look boring and bland. Not a lot of visual appeal.

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

The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes (A DASH Diet Book) 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: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) 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 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) 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) 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) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) 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: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) [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) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)