



The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes

Marla Heller, Rick Rodgers (With)

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New York Times bestselling author Marla Heller, in collaboration with bestselling cookbook writer Rick Rodgers, provides simple, home-cooked, DASH-approved meals to help promote weight loss and increased health benefits.

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.

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From Reader Review The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure, and Prevent Diabetes for online ebook

Michele A Beaudoin says

I have made changes to my diet by using the recipes and suggestions in this book. My blood pressure has dropped 20 points 3 months.

Brooke Kruger says

A lot of really good recipes in this book. I wish there was a bit more of the science behind DASH as well, but these are by far my favorite collection of dash recipes.

Emily says

Useful tasty recipes but bland. Solution: double suggested spice amounts.

Bridget Anthony says

Have tried and love several recipes so far

Coyora Dokusho says

In compliance with FTC guidelines, I am disclosing that I received the book for free through Goodreads First Reads. (i.e. DESTINY wants me to read this book.)

Reminiscent of authors:

Stats:

Tags: NOMNOMNOM

I'm going to update my review as I read the book!! Why? Because it's fun~

8/13/2013 10:32 PM

I like the fact that the instructions of what to have in your pantry are in the front of the book... AND I already have most of the stuff, woot! This is easy to read and I'm not seeing any grammatical errors or typos. (yay)

First rating: 4 stars!

DISCLAIMER: I FREELY USE AND ABUSE THE ENGLISH LANGUAGE FOR MY OWN AMUSEMENT

Jenna says

Surprisingly good cookbook

Jessica says

Recipes I will actually use. I looked through it thoroughly before purchasing.

Doan says

Great stuff! I've made some recipes and the family loved them!

Cindi P. says

I "read" this cookbook after noticing the DASH diet ranked #1 in US News & World Report again in 2013. How can you really "read" a cookbook? I did read the opening parts and then skimmed each recipe quickly. The DASH way of eating that is practical and satisfying - a lifestyle. The recipes convince me that I can retrain to eat in a healthy way and be satisfied with variety. The recipes are doable.

Maria Waltner says

It turns out that this is essentially how I know I should be eating but sometimes just choose not to.... self control is hard.

Elizabeth Whitehead says

I love this cookbook. I borrowed from the library but will now look for one to buy. It has helped me to lose about 15 pounds.

Jenn says

Great recipes! I haven't made anything I didn't like yet!

Gloria Zak says

Borrowed from the library, as I do with many cookbooks these days. Read the introduction and went through the cookbook to make a few copies of interesting recipes to make. And there were quite a few favorites, proposed in a different way to reduce sodium, and fat, and don't seem to difficult to make.

I like that the book gives a slight introduction, clearly lays out the needed ingredients and the instructions. BEst of all = the complete nutritional value of the dish per serving is listed. I stopped looking at cooking books without this info. and then there is often an additional note at the end.

Excellent book!

Lori Crane says

Great recipes with great flavors NOT using salt!

Pat Heffernan says

Not that I really needed another cookbook, but this treat for myself is a consistent pleasure.

Although the title is technically accurate, to me it would be more appropriate to title it something like "Over 150 Fresh and Delicious Recipes with the Latest Tips and Nutritional Information." Some of the recipes are healthier variations of favorite combinations, but many combine flavors and textures in new ways. None of the recipes are particularly complicated or require esoteric ingredients, and many provide multiple variations that substitute seasonal or readily available ingredients.

Highly recommended for foodies, healthy eaters, and anyone who loves to cook.
