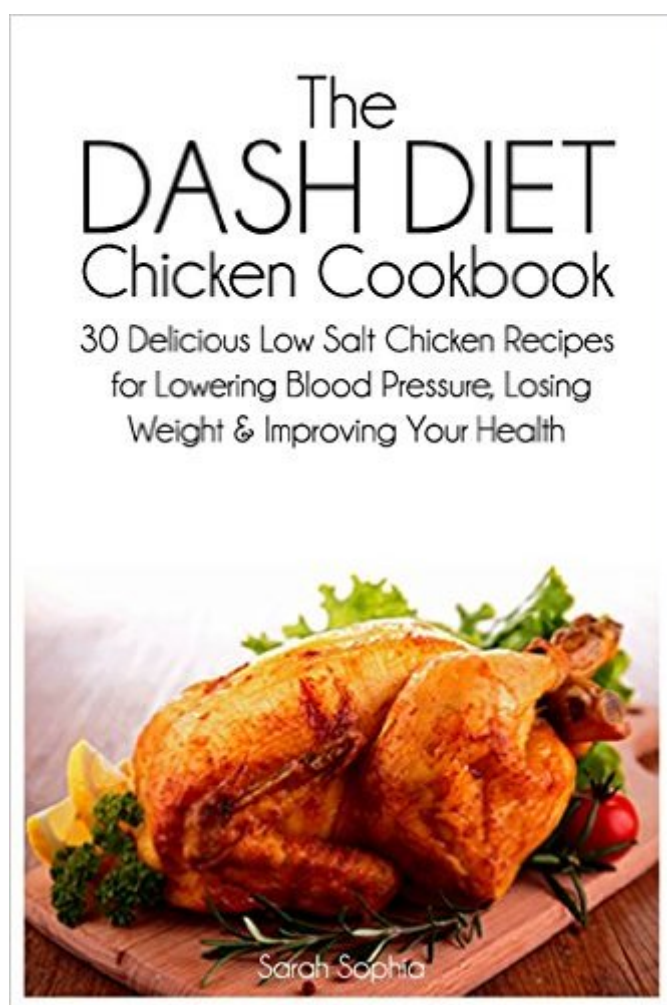


The book was found

# The DASH Diet Chicken Cookbook: 30 Delicious Low Salt Chicken Recipes For Lowering Blood Pressure, Losing Weight And Improving Your Health



## Synopsis

US News and World Report the DASH Diet as the best dietary approach available for the 4th year running. The DASH Diet is taking the health and fitness world by storm. But, what is the DASH Diet? It is a dietary approach that was created by the National Heart, Lung and Blood Institute with the specific purpose of lowering blood pressure. In addition to lowering blood pressure, adopting the diet has been shown to protect the body against cancer, heart disease, diabetes, osteoporosis and strokes. DASH is an acronym for Dietary Approaches to Stop Hypertension. The diet lives up to its name, and the other benefits mentioned above, by following some key dietary choices such as greatly reducing sodium intake and eating wholefoods. A main ingredient of any successful DASH diet is chicken and this book is here to make sure you never tire of eating it. In this book you will discover 30 amazing DASH diet chicken recipes that are easy to cook, absolutely delicious and that are packed full of nutritious goodness. Everything from soups, salads and stir fries is covered in this book and I guarantee that if you follow the recipes you will never tire of eating chicken again. Oh, I forgot to mention that in addition to all of the DASH Diets amazing benefits it also greatly promotes fat loss. This means that as you work your way through the recipes in this book you will actually be losing weightâ | effortlessly. So, if youâ™re looking for a new healthy approach to food then the DASH Diet may be perfect for you. Buy the book now and learn how to cook the most delicious low salt, DASH Diet chicken recipes available. P.S. For buying the book you also get a free gift, so donâ™t forget to check it out!

## Book Information

Paperback: 60 pages

Publisher: CreateSpace Independent Publishing Platform (March 27, 2014)

Language: English

ISBN-10: 149746904X

ISBN-13: 978-1497469044

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #1,500,739 in Books (See Top 100 in Books) #279 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt

## Customer Reviews

The DASH Diet is great for reducing your sodium intake which greatly benefits your blood pressure.

This diet is also known to help resolve many other health problems. This book has a very good explanation of the DASH Diets many benefits. The book has 30 recipes that are quite varied so you will not feel like you are eating the same thing all the time. There are soups, salads and main course recipes to keep you interested in some delicious meals. As with most "diets" many of us find them hard to live with. The DASH Diet has an appeal that will keep my interest for a long time given all the benefits, which you start to realize almost immediately. This book and other healthy diet books by Sarah Sophia would be a great start on a lifestyle change in eating that could have permanent change in one's life.

This is a great book to have if your looking to live a healthier lifestyle without sacrificing taste. If you didn't know, the DASH diet is probably considered one of the healthiest diets you can try. And the author does a good job at outlining what exactly it is. Good book with wonderful recipes.

Recommended!

Love the recipes, many I have never tried before. The ones I tried we big hits with my family. The recipes are simple, full of flavors, readily found ingredients, and can easily be adjusted for a big family like mine. I'm always looking for healthier meals, to serve my three teenagers, that will fill-up my family, and have them asking for more.

Since I follow the DASH diet, I'm always looking for new recipes and chicken is always my first meat choice. I made the Balsamic Glazed Roast Dinner, a perfect meal for a cold evening. The chicken came out juicy and the Balsamic glaze made the meal special. Next I'm going to try the Asparagus soup since we have it growing like crazy in our garden right now and can't keep up with it. All in all, some really great looking recipes that I'll be trying on a regular basis.

Another great resource for those that have been trying to lower their blood pressure through dietary means. Chicken has always been a challenge for me in the kitchen, but after trying some of these recipes, it isn't that big of a deal anymore, and I know they are healthy.

I know about the DASH diet for quite some time, it's a great diet to keeping your blood pressure under control. If you love chicken, this book has some great recipes that will help you include some delicious chicken meals in your DASH diet.

Excellent choice of chicken recipes that are not just low in sodium but high in flavour! Recipes are easy to follow and I really liked the writing style... Glazed roast dinner...oh my gosh - delicious! :D :D

I've been following the dash diet for a little while and am always on the look-out for new cookbook. So this one caught my attention because of the low salt recipes feature. I wasn't disappointed. The book is loaded with flavorful chicken recipes that are easy to do and the instructions are clear and concise. There are soup, salad and main dishes recipes. I especially liked the chicken cacciatore recipe. It was delicious. Well done.

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

Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) The DASH Diet Chicken Cookbook: 30 Delicious Low Salt Chicken Recipes for Lowering Blood Pressure, Losing Weight and Improving Your Health 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) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) 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 Smoothies: For Low Salt, Low Cholesterol, Weight Loss, and Diabetes Diets (DASH Diet

Cookbook Book 1) 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! DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Chicken wings: 64 Simple and Delicious Chicken wing Recipes (chicken wings, chicken wing recipes, chicken wing cookbook, chicken wing recipe book) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More! Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner)

[Dmca](#)