



# **Diet to Lose Weight: Lose Weight Fast with DASH Diet Recipes and Grain Free Goodness**

*Adrienne Simmons, Harper Kristina*

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The Diet to Lose Weight Lose Weight Fast with DASH Diet Recipes and Grain Free Goodness contains both grain free recipes and DASH diet recipes. In this book, you will find weight loss tips in addition to the two weight loss plans. Receive help with the DASH diet menu as you plan your meals for a couple of weeks in advance. The grain free diet and the DASH diet plans each help to lose weight fast. The DASH diet is good for helping to control blood pressure a person can go on the DASH diet for weight loss as well since it promotes eating healthy foods. The Diet to Lose Weight book features these sections DASH Diet, What Is The Dash Diet, What Is Hypertension and Why Is It Dangerous, How Does the DASH Diet Work DASH Study Daily Nutrient Goals, DASH Diet Guidelines, Using DASH for Weight Loss, Intuitive Eating with the DASH Diet, Making DASH Dieting Easy, Exercise and the DASH Diet, Recipes for the DASH Diet, Appetizers, Beverages, Breakfast, Main Dishes, Sides, Salads, Soups, DASH Diet 5-Day Sample Menu, Modifying the 5-Day Meal Plan, Grain Free Recipes, Tasty Grain Free Recipes, and Your Grain Free Meal Plan. A sampling of the included recipes are Grain-free Pizza, Gluten-Free Turkey Club, Stuffed Bell Peppers, Curried Quinoa, Hearty Turkey Soup, Low Cholesterol Potato Salad, Spicy Sweet and Tangy Herbal Tea, Fresh Mushroom Quesadillas, DASH Spinach Dip, and Vegetable Sushi.

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