



**The DASH Diet Action Plan Cookbook for
Beginners: A 7-Day Quick Start Guide to Losing
Weight, Lowering Blood Pressure and Feeling
Amazing: Dash Diet Kindle, ... dash diet recipes,
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Nick Bell

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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 7-day 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?

This book presents a 7-day meal plan solution that is easy to follow and easy to start

Some of the **mouthwatering recipes** you will learn in this book include:

- *Acapulco Tuna Salad
- *Pepper Strips & Guacamole
- *Turkey Swiss Roll-Ups
- *Mango Melon Tilapia
- *Spaghetti Squash
- *Skinless Chicken Piccata

*And much, much more!

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