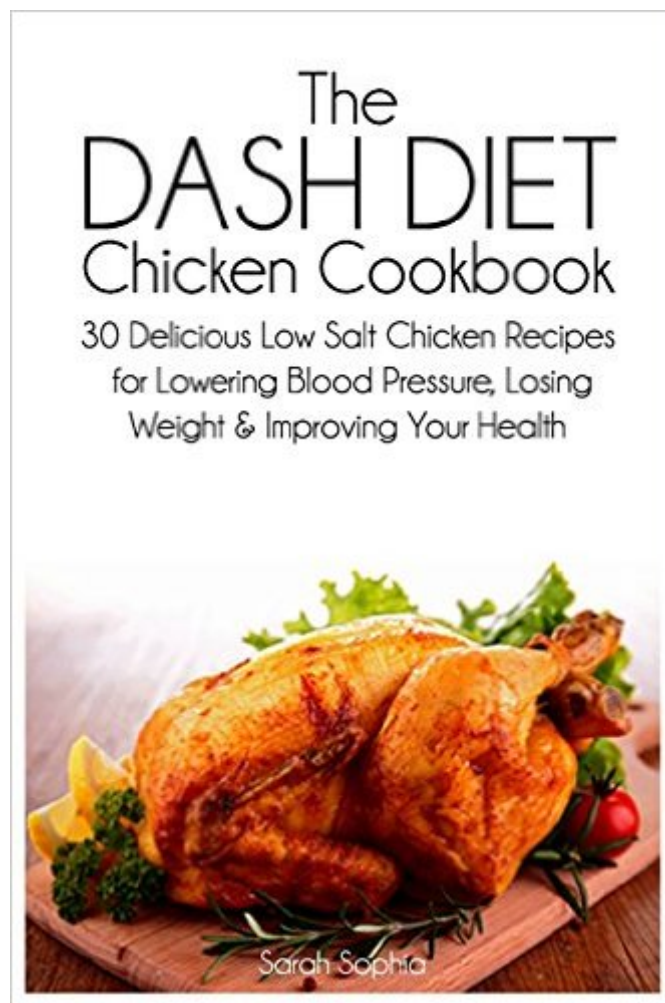


The book was found

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

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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.

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