



The Dash Diet for Beginners (including a 30-Day Kick-Start Plan) (The Dash Diet Series Book 1)

Stephanie Andrews

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Interested to learn more about the Dash diet and how to successfully implement it into your lifestyle? The Dash Diet for Beginners, by Stephanie Andrews will enable you to do just that.

This is a comprehensive yet concise guide to what is considered one of the most, if not the most, healthy diets available, which will make you feel healthy, lose weight, and increase your energy levels with its emphasis on low sodium nutrient rich food.

In this guide you will find:

- A full 30-Day Kick-Start Plan to help easily implement the diet into your lifestyle.
- A comprehensive list of Approved Dash Diet Foods (and just as importantly, a list of which foods to avoid).
- How to shop smart and plan your Dash Pantry.
- Over 40 of Stephanie's favourite recipes broken down into Breakfast, Lunch, Dinner, and Desserts & Snacks.
- And most important of all, how you will succeed in adopting the Dash Lifestyle.

So scroll up and click "BUY NOW" to start living a healthier more energized life straight away!

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