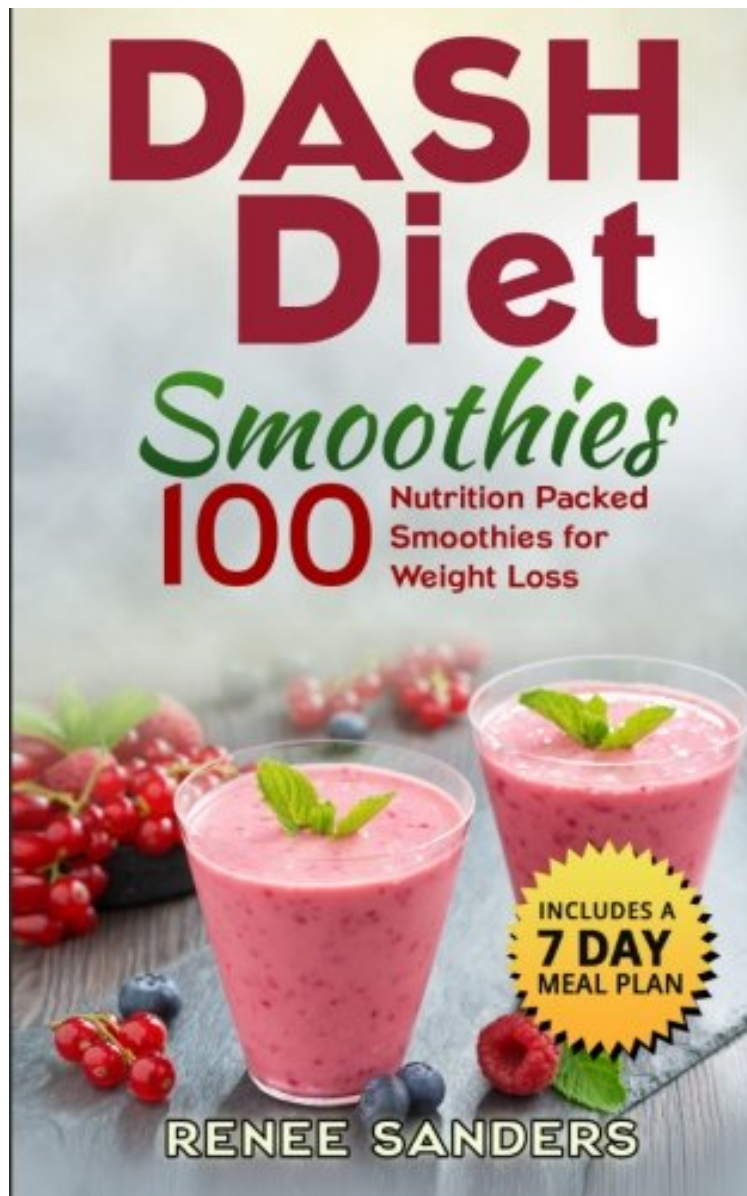


(Download pdf) DASH Diet Smoothies: 100 Nutrition Packed Smoothies for Weight Loss (DASH Diet Cookbooks) (Volume 2)

DASH Diet Smoothies: 100 Nutrition Packed Smoothies for Weight Loss (DASH Diet Cookbooks) (Volume 2)

Renee Sanders

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2):

4 of 4 people found the following review helpful. Excellent Healthy Smoothie Guide By S. Huss Well, this book came along just at the right time. I just bought one of those great little "Bullet" mixers at Costco; so I'm ready. I am so happy to have this book because my imagination, as far as food goes, is limited. I will simply repeat the same smoothie over and over. This book gives me all kinds of ideas for how to vary what I usually do, and it also tells me why I need to venture into variety. Variety is the spice of life, it is said, and in the case of smoothies, it might be the elixir too. So many vitamins and minerals can be ingested in a delicious drink! This book with its 100 recipes shows me how. I recommend it to anyone looking to improve his or her health. 0 of 0 people found the following review helpful.

Healthy Delicious in the same sentence? By Jeffrey Hartman Yes, you can drink healthy and enjoy fantastic tasting smoothies. With 100 smoothies to choose from, it's never boring to stay healthy. The names are enticing and descriptive, like Cherry-Berry Fruity Smoothie, or the Frozen Strawberry Yogurt Smoothie. Both fruits and vegetables are mixed together, like in the Golden Carrot Smoothie made with carrots, frozen mango, and an orange. My personal favorite is the Gold Peach Smoothie. It goes on and on, the choices are endless. Yes, delicious and healthy do go together in the same sentence. Just get this book and see for yourself. 1 of 1 people found the following review helpful. I like the idea of smoothie because they are natural and ... By Happy Valley I like the idea of smoothie because they are natural and refreshing, plus... all the recipes can be easily found at the markets, supermarkets or groceries. Me and my wife were very happy to have this book. This is exactly what we were looking for. The recipes are yummy, easy to prepare and very pleasing! We also found out from this book that smoothies are also good as anti aging and energy booster!

DISCOVER: 100 Delicious Smoothie recipes to reduce your weight naturally Worried about your ever increasing waist line? Looking for ways to lower and maintain your weight? Fed up of depending on medications to improve your health? Stressed out about contracting cardio vascular diseases or diabetes because of obesity? Not sure how to reduce your body weight without going on a crash diet? DASH Diet is the solution Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone. Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium. This book is dedicated to the nutritious smoothies that you can have as a part of your DASH Diet plan. **DOWNLOAD: DASH Diet Smoothies: 100 Nutrition Packed Smoothies for Weight Loss Here Is A Preview Of What You'll Learn** in this book... What is the DASH Diet? Sodium Intake Weight Loss Connection What are the advantages of consuming smoothies 100 Delicious Smoothie recipes that include Berry Smoothie Recipes like Soy Strawberry Smoothie, Raspberry Oats Smoothie Green Smoothie Recipes like Kale Banana Smoothie, Twisty Kiwi Smoothie Yogurt Smoothie Recipes like Peachy Mango Smoothie, Sunshine Orange Smoothie Fruit Smoothie Recipes like Tropical Cilantro Smoothie, Gold Nectar Smoothie Vegetable Smoothie Recipes like Pumpkin Pie Smoothie, Bloody Mary Spicy Superfood Smoothie Recipes like Gogi Raspy Smoothie, Lemonade Aloe Vera Smoothie Nuts Seeds Smoothie Recipes like Chia Seed Smoothie, Peanut Butter Blast Herbs Spices Smoothie Recipes like Basil Green Berry Smoothie, Savory Sage Smoothie **FREE Access to the Audio Book of Blood Pressure Solution Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet! Take action today and buy this book for a limited time discount of only \$8.99!**

About the Author Renee Sanders is a mom of three and a passionate foodie. Though becoming a MasterChef was her childhood dream, her corporate job at one of the world's largest tech companies gave her very little time to pursue her passion. However, she was forced to look into her eating habits when she got diagnosed with hypertension at the age of 32. That's when she decided to take stock of her diet and adopt a healthy lifestyle. She started intensively researching the various types of diets, their nutritional values and cooking methods. Due to her commitment, she brought down her blood pressure to the normal range within 3 months! Renee now works from home and cooks everyday for her family. The appreciation she got from her kids and the benefits of eating nutritious home-cooked food has motivated Renee to start sharing her tried and tested recipes with the world through her cookbooks.