



# **The Vegetarian DASH Diet Cookbook: Over 100 recipes for breakfast, lunch, dinner and sides**

*Susan Evans*

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# The Vegetarian DASH Diet Cookbook: Over 100 recipes for breakfast, lunch, dinner and sides

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It's time to put the DASH in your diet and celebrate a healthy eating plan that it is has been named the #1 leading diet by US News & World since 2011 for six consecutive years! DASH stands for Dietary Approaches to Stop Hypertension and has been intensively researched, coupled by scientific studies that show that it is the best diet towards hypertension and for anyone wanting to live a healthy lifestyle. This vegetarian cookbook contains a complete diet plan which includes tasty morning breakfast delights, healthy lunch meals, some snacks for that tough break between meals, savory soups, delicious salads, and delectable dinner recipes. I have included instructions and guidelines that are simple and allow for a very easy, step by step meal preparation plan. Prepare yourself for a magical vegetarian taste-bud adventure whilst your body starts regenerating itself and facilitating well-being at the same time. You know the drill, let's drop the bad eating habits, add a DASH of wonderment and let's get cooking!

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