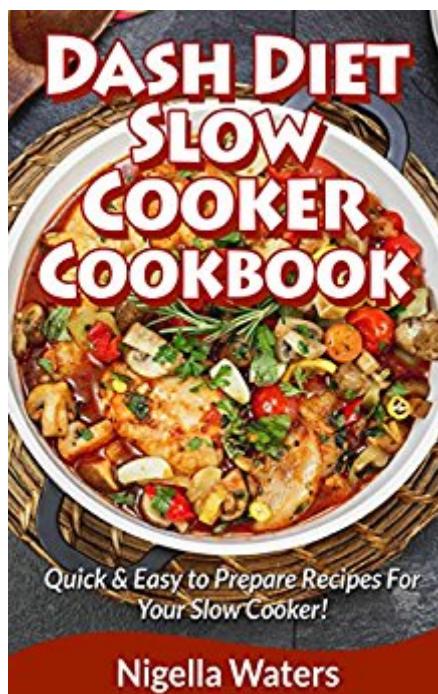


The book was found

DASH Diet Slow Cooker Cookbook: Quick & Easy To Prepare Recipes For Your Slow Cooker!



Synopsis

DASH Diet Slow Cooker CookbookQuick & Easy to Prepare Recipes For Your Slow Cooker!In this book, the reader will discover many different DASH diet recipes using the slow cooker. It starts off with a short overview of the DASH diet and an introduction to the slow cooker. The recipes presented here are separated according to different major ingredients and food types. They are divided into soups, chicken and turkey main dishes, pork main dishes, beef main dishes, vegetables and pasta. All these types of food can be prepared in a slow cooker. All the recipes were especially chosen to cater to different palates and tastes. They are all healthy, delicious and have easily-available and affordable ingredients. You Will Find In This Book:Introduction To DASH Diet and the Slow CookerDelicious Slow-Cooked Soups RecipesPoultry Dishes on a Slow Cooker RecipesSlow Cooker Pasta RecipesPork Cooked Slowly RecipesBeef Slow Cooker RecipesAnd Much More!!The DASH diet is gaining popularity and credibility as an excellent eating program for people who want to live a healthy lifestyle and lose weight. The slow cooker is an amazing cooking appliance that almost all homes have. This wonderfully versatile kitchen gadget allows families to eat tasty food with economical ingredients. It also offers a healthier cooking method. Utilizing the slow cooker in preparing DASH diet recipes is a great combination of healthy and delicious recipes that are not difficult to prepare. Cook a healthy delicious meal tonight! Scroll Up and Grab Your Copy Now!ÃÂ

Book Information

File Size: 2395 KB

Print Length: 110 pages

Page Numbers Source ISBN: 1515089150

Simultaneous Device Usage: Unlimited

Publication Date: July 14, 2015

Sold by:ÃÂ Digital Services LLC

Language: English

ASIN: B011OG054Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #454,224 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #83
inÃ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Salt #85
inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special
Conditions > Low Cholesterol #93 inÃ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine
> Special Diet > Low Cholesterol

Customer Reviews

The overall goal of the DASH Diet Ã¢Â¢Ã short for Dietary Approaches to Stop Hypertension Ã¢Â¢Ã is to lower your consumption of sodium, which aids in lowering your blood pressure. Since the diet focuses on eating the right foods with the right portions, it's also effective for short- and long-term weight loss. To regulate your blood sugar and help curb your cravings, avoid fruit and whole grains, which have a lot of natural sugar, and alcohol, which also contain sugars. This book is full of delicious and amazing recipes. The recipes are divided into categories: slow cooked soups, poultry dishes on a slow cooker, pork cooked slowly, beef cooked slowly, vegetable dishes and pasta recipes. The instructions are very clear and the recipes are easy to make. I tried few recipes, and I loved the pasta and the poultry sections. I didn't have the chance to try them all, but I hope I will in the next few weeks. My favorite recipe so far is Light Chicken Tortilla Soup and Chicken Stroganoff for the main course. I have new set of meals prepared in my head to cook for my family this weekend. :) So if, like me, you just bought a slow cooker, this book is a perfect guide to using it right.

Are you mystified by the good reviews. This book is filled with old fashion recipes that call for canned soups and other processed foods. It doesn't seem like a healthy cookbook to me, and I trashed it.

good recipes to try.

[Download to continue reading...](#)

Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood

Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) DASH Diet: Dash Diet Recipes for Weight Loss, Lower Blood Pressure and Cholesterol Beginners Cookbook (DASH Diet, Lower Blood Pressure, DASH Diet Recipes) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) Dash Diet Slow Cooker Recipes: Vegetarian Slow Cooker: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) DASH Diet Slow Cooker Cookbook: Quick & Easy to Prepare Recipes For Your Slow Cooker! DASH Diet (2nd Edition): The DASH Diet for Beginners - DASH Diet Quick Start Guide with 35 FAT-BLASTING Tips + 21 Quick & Tasty Recipes That Will Lower YOUR Blood Pressure! Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Crock Pot 1) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Dash Diet: Dash Diet Cookbook for Weight Loss: Includes Easy to Cook Dash Diet Recipes for Healthy Living! DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Mediterranean Diet: Mediterranean Slow Cooker Cookbook - Easy & Delicious Mediterranean Diet Recipes (Mediterranean Diet, Slow Cooker Cookbook, ... Diet For Beginners, Mediterranean Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) DASH Diet: Dash Diet Made Easy - Lose Weight Now and Lower Blood Pressure Painlessly (Dash Diet Cookbook) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)