



Dash Diet Salads: Super Easy to Make, Ultra Healthy, Delicious Dash Diet Salad Recipes

Nigella Waters

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If you want to lose some weight, the safest and effective way of doing it is by applying Dash Diet Plan. **This is recognized as one of the well-established diet plan. Aside from promoting healthy cholesterol and blood pressure, the DASH diet supports weight loss, and if you use it longer it will lower your risk of having osteoporosis, cardiovascular disease and stroke, as well as several types of cancer.**

This book includes easy-to-prepare salad recipes including the nutritional value that you can get from each serving. **If you are wondering why this book focuses on salad recipes, it's because it is considered as one of the healthiest and complete meal that you can serve at lunch and dinner. It contains the essential nutrients**

Included In This Book:

- What a Dash Diet is and its benefits
- Daily DASH Diet Nutritional Goals to see results
- What To Eat on Dash Diet
- Nutritional Benefits from Eating Salads
- Dash Salads with Dairy Recipes
- DASH Salads with Lean Meat, Fish and Poultry Recipes
- Dash Salads - Vegetables and Fruits
- And Much More

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