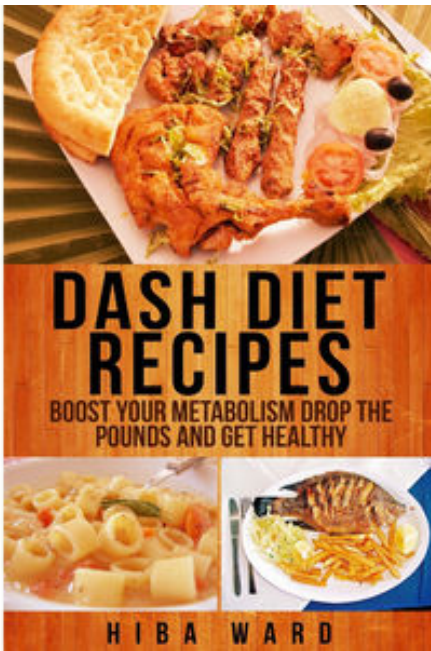


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All recipes in this book are put together in such a way that is not only healthy but also offers a good balance of nutrients. A DASH diet is well known diet all over the world which is not only adopted by hypertensive people but also by weight watchers. Therefore this book also provides DASH diet weight loss solution.

I hope this collection of recipes is a motivational journey for you all and I hope you all gain as much benefits and joy as I have.

- Cheezy Spinach Dip
- DASH Energy Bars
- Tropical Smoothie
- Bacon Sandwich
- Veggie Scramble
- Thai Style Shrimp
- Fresh Tomato Soup
- Southern Style Tortilla Cups
- Much, much more!

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