



**DASH Diet Box Set: Dash Diet The Ultimate  
Beginner's Guide & DASH Diet Cookbook -  
Effective Weight Loss with Delicious Recipes  
(DASH Diet, Low Sodium Diet, Low Fat Diet, Lose  
Weight)**

*Colleen Taylor*

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# **DASH Diet Box Set: Dash Diet The Ultimate Beginner's Guide & DASH Diet Cookbook - Effective Weight Loss with Delicious Recipes (DASH Diet, Low Sodium Diet, Low Fat Diet, Lose Weight)**

*Colleen Taylor*

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## **DASH Diet Box Set: Dash Diet The Ultimate Beginner's Guide & DASH Diet Cookbook - Effective Weight Loss with Delicious Recipes**

**Finally the ultimate DASH diet box set you've been looking for! This box set will teach you how to successfully use the DASH diet to achieve your weight loss goals while lowering blood pressure and cholesterol.**

The **DASH diet** has been ranked the best and healthiest diet for five years and counting. Now, you can find remarkable results by following this very easy diet and attain the best health of your life.

This plan is based on plant-based foods that are rich in fruits, vegetables, and many other lean food products. It has been scientifically proven to lower blood pressure and cholesterol levels. So, why not join this **healthy lifestyle** revolution.

### **Why Should You Buy This Book?**

Inside the pages of this easy-to-read guide and cookbook, you will discover what the **DASH diet** is and what it can do to enhance your life. You will have an opportunity to create your own personal goals and will learn how to control portion and serving sizes to garner the best results in record time. Discover exactly which food groups will rev up your metabolism and will help you to seamlessly make a transition to a healthier lifestyle. Using the **48+ delicious recipes** in this box set you will be able to achieve your personal goals and garner the best results in record time. These tasty mouth watering recipes will rev up your metabolism and will help you to seamlessly make a transition to a healthier lifestyle.

## What Recipes Are Included?

- Breakfast recipes to start the day right
- Lunch recipes to keep you energized
- Dinner recipes to satisfy you after a long days work
- Recipes to serve when you have company over
- and many more!

With a few simple tweaks, you can attain the **best health of your life** and reach your weight loss goals.

A healthy diet and a healthy lifestyle doesn't work with fad diets. The DASH diet beats out the competition and yields **long-lasting results**.

This isn't a fad diet! See why millions of people are following the DASH diet for losing weight, reducing hypertension and a healthier lifestyle.

## Download the “DASH Diet Box Set” right now...

**... and get a FREE BONUS yoga starter kit to help you achieve your goals even faster!**

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**Susan Bondurant:**

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**Lynn Bailey:**

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