



Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners)

Amy Moore

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In *Dash Diet for Weight Loss*, you'll find a wealth of Dash Diet recipes for breakfasts, like Sausage and Mushroom Strata, Grain and Fruit Breakfast Salads, and Oat Blueberry Pancakes. You can try main dishes like Apply Turkey Gyros, Mushroom Mozzarella Wraps, Salmon Salad Pitas, and even Shepherd's Pie!

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