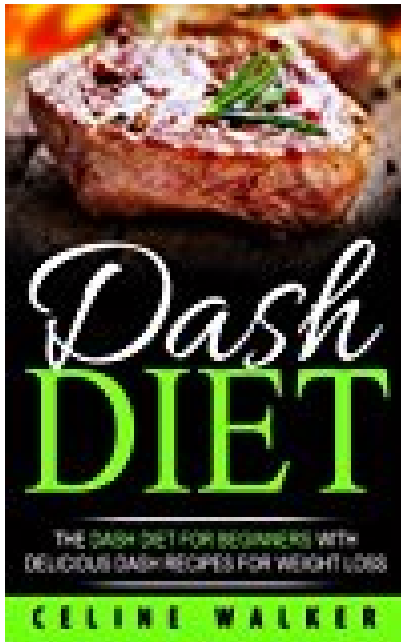


DASH Diet The DASH Diet For Beginners With Delicious DASH Recipes for Weight Loss



BOOK DETAILS

- Author : Celine Walker
- Pages : 152 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Shares easy-to-make recipes that follow the DASH diet and includes a twenty-eight day meal plan, exercise advice, and tips for keeping to the diet when on the go.

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