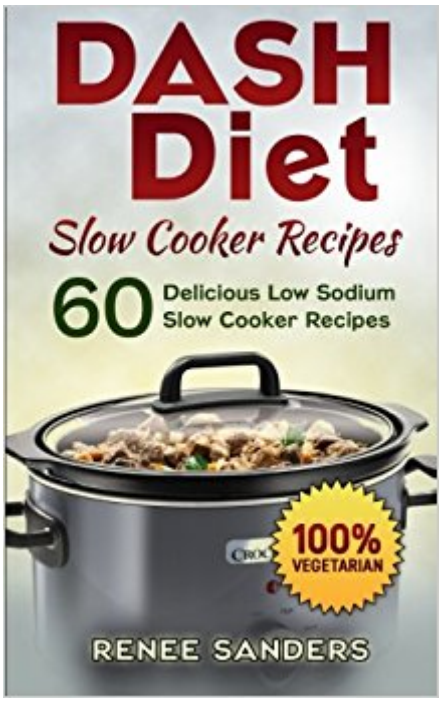
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# DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3)




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## Synopsis

DISCOVER: How to reduce your weight & control your blood pressure naturally using DASH Diet! Worried about your ever increasing Blood Pressure? Looking for ways to lower and maintain your blood pressure? Fed up of depending on medications to improve your health? Stressed out about contracting cardio vascular diseases or diabetes because of hypertension? Not sure how to reduce your body weight without going on a crash diet? DASH Diet is the solution Benefits of following the DASH (Dietary Approaches to Stop Hypertension) Diet For the 5th year in a row, DASH Diet has been ranked as the #1 diet among the 35 diets evaluated and ranked by US News & World Report. Studies sponsored by the National Heart, Lung, and Blood Institute (NHLBI) have proven that DASH diet reduces high blood pressure, which in turn lowers the risk of developing cardiovascular disease. This diet has also helps in weight loss and reduces the risk of heart strokes, osteoporosis, several types of cancers, kidney stones and diabetes, thereby making it the ideal diet for everyone. Unlike other diet plans, DASH diet is very easy to follow as it does not suggest any special foods to be consumed. By making small changes to your normal diet and the cooking methods, you can easily follow the guidelines of this diet. This dietary goal can be achieved by combining fresh fruits and vegetables, low fat and non-fat dairy products, nuts, legumes and whole grains in the daily diet and also by controlling your intake of sodium. Benefits of Slow Cooking This book is a guide to prepare the various DASH Diet recipes using the Slow Cooking Method. This method involves using a Slow Cooker (also known as Crock Pot) which is an electrical countertop appliance that contains an outer metal part, an inner ceramic/ porcelain container and a glass lid. A low heat temperature is maintained consistently for a prolonged period of time to cook the food. This ensures that the food retains its nutrients, is cooked uniformly and also saves a lot of time for busy people as one doesnÃ¢â ¬â„¢t have to monitor the cooking process. BUY NOW: DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Here Is A Preview Of What You'll Learn in this book... What is the DASH Diet? Guidelines to be followed while DASH Dieting 60 Delicious Vegetarian Low Sodium Slow Cooker recipes that includeSoup Recipes like Potato Broccoli Soup, Spicy Carrot & Pumpkin Soup Breakfast Recipes like Cranberry Oatmeal, Homemade GranolaMain Dish Recipes like Blackeyed peas & Okra, Vegan Spaghetti SquashSide Dish Recipes like Caramelized Onions, Sweet Potato CasseroleDessert Recipes like Nutella Choco chip cake, Donut Bread PuddingFREE Access to the Audio Book of Blood Pressure Solution Includes FREE BONUS: 7 Day Vegetarian Meal Plan for DASH Diet! Take action today and buy this book for a limited time discount of only $7.99!

## Book Information

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## Customer Reviews

Renee Sanders is a mom of three and a passionate foodie. Though becoming a MasterChef was her childhood dream, her corporate job at one of the worldÃ¢â ¬â„¢s largest tech companies gave her very little time to pursue her passion. However, she was forced to look into her eating habits when she got diagnosed with hypertension at the age of 32. ThatÃ¢â ¬â„¢s when she decided to take stock of her diet and adopt a healthy lifestyle. She started intensively researching the various types of diets, their nutritional values and cooking methods. Due to her commitment, she brought down her blood pressure to the normal range within 3 months! Renee now works from home and cooks everyday for her family. The appreciation she got from her kids and the benefits of eating nutritious home-cooked food has motivated Renee to start sharing her tried and tested recipes with the world through her cookbooks.

Second worst cookbook I have ever purchased, the worst being her Dash Diet for Vegetarians. Obviously I purchase them both at the same time, or I would have saved half my money.There is no nutritional information on the recipes, not even the number of servings you can expect.Clearly no one proof read this cookbook or the other one put together by the same author.Below are some of the pearls of wisdom you will read on the pages of this book, all direct quotes.Since she cuts and pastes nutritional guidelines from her firsts book, the same information can be found in this book too:Page 4: ÃƒÂ¢Ã â ¬Ã Å“4-5 servings per day of nuts and seeds like peanuts, walnuts,

sunflower seeds, almond etc are beneficial.ÃƒÂ¢Ã â ¬Ã Â•Page 4: (in bold print) ÃƒÂ¢Ã â ¬Ã Å“Foods to be avoidedÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã â œÃƒÂ¢Ã â ¬Ã Å“It is advised to reduce the food consumption of refined food grains that contain fats, added sugars and salts(sodium).ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“Red meats, aerated sugary beverages and sweets like jelly, jam, sorbet, maple syrup etc should be avoided-not more than 5 servings per week.ÃƒÂ¢Ã â ¬Ã Â•Page 11. ÃƒÂ¢Ã â ¬Ã Å“Saves time: Using is a slow cooker can be benefitted by saving lots of time and also involves healthy cooking.ÃƒÂ¢Ã â ¬Ã Â•Page 11: ÃƒÂ¢Ã â ¬Ã Å“As the food cooks, it releases the steam which the lid of the crock pot starts captivating within it which in turns helps the food to be moist throughout the cooking process.ÃƒÂ¢Ã â ¬Ã Â•Page 12: ÃƒÂ¢Ã â ¬Ã Å“The ingredients or the vegetables can be cooked thoroughly by adding enough spices to give the required amount of taste to the food.ÃƒÂ¢Ã â ¬Ã Â•HUH? This type of advice/information appears to go on throughout the book.The Dash diet is not a copywritten protected name, anyone can use. Clearly that is the case here.As I said on my review of her first book, the disclaimer on the last page reads: ÃƒÂ¢Ã â ¬Ã Å“The writer does not advocate the use of any of the suggestions, diets and health programs mentioned in this book.ÃƒÂ¢Ã â ¬Ã Â• I think that sums it up PERFECTLY!

Very disappointed in this book. Biggest fail for me is the lack of nutritional values for the recipes. Can’t keep track of sodium level for the day if recipes don’t have the information. Printing layout of book is hard to follow. Some recipes start on one page and continue on to another, Hard to really determine the beginning and end of recipes. They run into one another. Pictures in black and white look like things I wouldn’t eat.I think she is trying hard and believes in the diet but the book is not there yet. Save your money.

Reallllllllly bad cookbook. Boring food ideas, no color photos. Its more like a magazine than a cookbook. Not worth the price.

I returned this. It might be better titled "A Kindergartners First Cookbook"

I saw this was free one day and snagged it. I saw DASH diet which I know is one of the most sustainable specialty diets out there and was intrigued. (There’s a section up front that talks about the benefits of DASH). I looked closer and saw vegan and frowned. My husband and I weight lift so anything meatless is not realistic for our lifestyles.I started to look through the cookbook and it does

give some interesting new ideas for a crock pot like curry dishes, quinoa, chickpea and bean heavy dishes. A lot of the dishes you can just add in chicken breasts and it will be the same cook time, or add in lean ground meat last minute. I was pleasantly surprised at the new content of this cookbook.The only drawback is that the desert section is unnecessary, it doesn't need to be there and the recipes are not very conducive to a "diet". Baked apples, yes. Cinnamon roll casserole, no. Otherwise I will be using some of the recipes soon like the red lentil soup, homemade granola, and sweet potato curry (maybe add in some ground turkey?).There's not enough content to be worth $7.99 for the paperback, but if you can get it for free with the kindle deal, do it.

As mentioned in other posts this book is poorly edited. There are many grammatical errors and confusing directions. The table of contents does not list the page number next to the recipe so you have to flip through the book till you find it.

Disclaimer: I had to give it one star in order to comment. Please do not waste your money! This is an VERY AMATEUR publication. As other reviewers have stated, no nutritional information, extremely blurry black and white photos, no information about the number of servings to expect, etc. COMPLETE WASTE OF TIME (and paper!). While written in English, the level is that of someone who should be in a first grade remedial writing program. It's not even "Loving-Hands-at-Home" quality. And where in the universe does one get "pomegranate molasses"? I did read it, and I have placed it in my recycling bin. Usually I donate my books; but this is too horrible. It's too bad that the DASH DIET has been so co-opted. (I own and use all Marla Heller's books.)

This isn't apparent that these are vegetarian recipes only by how small it says "Vegetarian" on the front of the book. It doesn't say vegetarian in the description. Not happy with this. Also, it doesn't say that it is a small soft back book, not a hardback book.

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