



Make Me Salt-lite... in 30 Minutes!: Your simple medically-proven DASH-Diet guide you need to live a healthier and longer life (includes 56 low-sodium ... will love) (My Cooking Survival Guide)

Nelly Baker

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Does your stroke mean no more salt? CHANGE THE RULES with this book and keep your doctor AND your tastebuds happy!

Hypertension (high blood pressure) is no joke. Not only can it lead to stroke, heart disease or even heart failure, but having to cut salt from your diet means every meal is just bland and boring, right?

This low-salt cookbook will change everything! *Change the rules* with the medically approved DASH Diet and not only GET HEALTHY but enjoy scrumptious and healthy PIZZAS, BURGERS, FAJITAS, STEAK CHICKEN AND CHILI – **every day!**

Click the buy button to take charge, reduce your risk of stroke and put *taste* back into every meal!

Suffering from high blood pressure and need to cut your salt intake to stay healthy?

Do you want to eat delicious recipes featuring pancakes, waffles, steak, pasta, tenderloin, cheesecake or apple crumble every single day?

Then this **no-fuss stress-free low-salt DASH DIET cookbook is just what you are looking for!** Backed by the Mayo Clinic, the DASH Diet has repeatedly been declared **the world's best diet by doctors across America!**

Make Me Salt-lite... in 30 Minutes! will show you **EVERYTHING** you need to know about reducing the salt and keeping the taste in every single meal you eat! It includes a complete two-week flexible DASH Diet meal planner with EVERY recipe for full-flavored breakfasts, lunches, dinners and desserts.

The simple step-by-step instructions and easy-to-read recipes *make it a breeze* to cook any one of the 54 **original and scrumptious** low-salt meals!

And every meal is interchangeable! Don't feel like pizza today? Then swap it for steak or pork chops – it's that easy!

Click the buy button to get yourself a copy of ***Make Me Salt-lite... in 30 Minutes!*** and you'll be enjoying the most delicious low-salt meals in next to no time!

In this book YOU'LL DISCOVER:

- **54** Simple step-by-step instructions and clearly-formatted easy-to-read original recipes for breakfast, lunch, dinner and dessert
- Detailed breakdowns of all three DASH-Diet diet options – the 'standard', 'extra-salt reduced' and 'vegetarian' variations
- Full medical information explaining why the DASH Diet is supported by the best hospitals in America, including the Mayo Clinic!

- A full two-week flexible meal plan listing complete recipes and meal plans for 54 unique and original meals, including all breakfasts, lunches, dinners and desserts
 - Guides on baking fantastic breakfasts, including 14 different recipes for **pancakes, waffles, muffins, scones, frittatas and breakfast bars!**
 - *Lip-smacking lunches*, including **pastas, quesadillas, burgers, fajitas, wraps and chilis!**
 - *Proven tips* to create perfect dinners, including **pizza, steak, beef stroganoff, pork chops, calzone and chicken breast!**
 - *Unbelievably easy desserts*, that will make you *beg for more*, including **cheesecake, cobbler, soufflé, tart and chocolate cake!**
- DON'T MISS OUT ... Get yourself a copy of ***Make Me Salt-lite... in 30 minutes!*** and you'll be enjoying lip-smacking low-salt feasts in no time at all!

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