



Dash Diet Slow Cooker Cookbook: Prep-And-Go Easy And Delicious Recipes Made For Your Crock Pot To Cracked Weight Loss and Have a Better Lifestyle(Lower Blood Pressure, Vegan Diet, Vegetarian Diet)

Jennifer Heller

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Are you in Dash Diet or interested in it ?

Are you the proud owner of a slow cooker Cooker?

Would you like to be able to combine the two and produce delicious and nutritious meals?

Dash Diet is a now very popular and healthy diet all around the world. DASH Diet means Dietary Approaches to Stop Hypertension and help to weight loss. The DASH diet primarily focuses on the intake of plants, fruits, vegetables, whole grains and low fat dairy products. It helps you decide your weekly, monthly and thus yearly nutritional goals and how to achieve the results.

Now, along with your Slow Cooker, you can produce a range of stunning dishes with this ***Dash Diet Slow Cooker Cookbook: Prep-And-Go Easy And Delicious Recipes Made For Your Crock Pot To Cracked Weight Loss and Have a Better Lifestyle***, a book which offers dozens of recipes including:

Bread & Pasta

Curries, Chilies& Appetizers

Poultry & Seafood

Beef And Pork

Soups & Stews

Drinks & Salads

Breakfasts And Desserts

And dozens more...

Whether you like your food with a spicy kick or something much milder, whether you are a vegetarian or prefer to have meat in your meal, this book delivers it all and saves you time too. Get a copy of Dash Diet Slow Cooker Cookbook and start experimenting in the kitchen with some fabulous ideas!

Read Dash Diet Slow Cooker Cookbook TODAY and start experimenting in your kitchen with some fabulous ideas!

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