

# Dash Diet 25 Simple Recipes To Burn Your Fat With

The Everything Easy DASH Diet Cookbook  
 The DASH Diet Younger You  
 The DASH Diet Guide Including a Diet Guide and 25 Delicious Recipes  
 The DASH Diet Mediterranean Solution  
 Dash Diet Meal Prep for Beginners  
 Dash Diet Slow Cooker Cookbook: 15 Minute Set and Forget It Dash Diet Slow Cooke  
 Dash Air Fryer Cookbook  
 Taste of Home: Comfort Food Diet Cookbook: New Quick & Easy Favorites  
 The Mind Diet Plan and Cookbook  
 Dash Diet  
 The Dash Diet the Beginner?s Guide to the Dash Diet ? Includes 25 Recipes!  
 The DASH Diet Weight Loss Program  
 The DASH Diet for Weight Loss  
 The DASH Diet 30-Minute Cookbook  
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 Follow the Dash Diet. 25 Recipes to Low Your Blood Pressure.  
 Dash Diet Slow Cooker  
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 The DASH Diet Cookbook  
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 Healthy Heart Box Set  
 Dash Diet Cookbook  
 The DASH Diet 30-Minute Cookbook  
 The Everything DASH Diet Cookbook  
 Dash Diet Cookbook. 25 Perfect Recipes for Beginners  
 Everyday Dash Diet Cookbook  
 Dash Diet Cookbook for Beginners

*Dash Diet 25 Simple Recipes To Burn Your Fat With*

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## EMILIE HEIDI

The Everything Easy DASH Diet Cookbook Createspace Independent Publishing Platform  
 Dash Diet Cookbook In recent years, obesity, diabetes and high blood pressure have been prominent and life-threatening issues that millions of people face every day. Getting healthy may seem like a challenging process, but you can achieve a healthier body, mind and spirit by taking the first steps outlined in this book. While you are ultimately the one to determine and manage your health, this book can be used as a stepping stone for seeking ideas and inspiration for improving your health quickly and effectively. In this book, you will find a quick and easy guide to following the DASH diet. You will also gain 25 delicious DASH-approved recipes for not just improving your blood pressure levels, but also helping you to lose weight the healthy way. You will find recipes for breakfast, main dishes - be they for lunch or dinner - side dishes that can also serve as snacks, and desserts. The DASH diet takes account of modern day living and allows you freedom of choice to a certain degree, rather than restriction. You can eat healthy foods and the word "healthy" doesn't have to be something that you associate with "boring." You have many choices of wonderful meals on this diet and can once again take control of your life, making it as long and healthy as it is possible to do. You hold the length of your life in your hands. Take care of it and use the DASH diet to help you. f you want to get started and make a permanent change to your eating style, this book is a must read! Grab Your Copy Now

**The DASH Diet Younger You** Adams Media

"Dash Diet Slow Cooker: 25 Easy Dash Diet Recipes to Cook in the Slow Cooker (Crock Pot)" contains proven steps, and strategies on how to adapt DASH Diet to achieve weight loss. The word DASH diet stands for Dietary approaches to stop hypertension. The DASH diet is a long-lasting approach to instilling a healthy food lifestyle that can prevent high blood pressure. Not only is high blood pressure the leading cause of death, but it also increases the risk of stroke and heart disease. The DASH diet reduces your sodium intake and increases your consumption of potassium, magnesium, and calcium into your diet. Aside from reducing the risk for hypertension, following the DASH diet can also prevent: -Stroke -Kidney failure -Heart disease -Cholesterol -Diabetes -Osteoporosis -and several types of cancer The DASH diet will provide you increased energy, clearer mental focus, fewer side effects from chronic conditions and the natural glow of healthiness. Under the cover you'll find only the best 25 DASH Diet recipes for: -Breakfast -Main dishes -Side dishes -Desserts -Snacks and appetizers Grab your copy now!

The DASH Diet Guide Including a Diet Guide and 25 Delicious Recipes Penguin

The American Heart Association (AHA) created the DASH diet to provide individuals with a means of lowering their high blood pressure without the use of medication. By improving your eating habits and reducing your sodium intake you can reduce your blood pressure and boost your health. If you are curious to see what the DASH diet can do for you, then this book is the perfect place to start. In this book you will receive the following: An introduction to the DASH diet and its background A basic list of DASH diet foods to help you get started A collection of 25 DASH diet slow cooker recipes So, if you are ready to give the DASH diet a try, pull out your slow cooker, pick a recipe, and get cooking! You won't be disappointed."

The DASH Diet Mediterranean Solution Simon and Schuster

Delicious DASH diet meals in 30 minutes or fewer! The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet-approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each

page is bursting with tantalizing plates like: Brown Sugar Cinnamon Oatmeal Stovetop Barbecued Chicken Bites Quick and Easy Shepherd's Pie Mushroom and Eggplant Curry Peanut Butter Chocolate Chip Blondies Filled with 175 mouthwatering meals, The DASH Diet 30-Minute Cookbook won't leave you feeling deprived--of taste or time.

Dash Diet Meal Prep for Beginners Createspace Independent Publishing Platform

The Dietary Approaches to Stop Hypertension or DASH diet is designed to help lower one's blood pressure wherein it specifically follows a low-sodium prerequisite. However, the DASH diet does not only limit salt but it also involves on lowering the intake of cholesterol and saturated fat. By doing so, this type of diet will definitely help create a balanced food intake for hypertensive patients as well as those who want to adopt a healthy diet. Furthermore, the DASH Diet was created by medical practitioners to address problems regarding diet as a whole including sodium diet intake. In this eBook, you get to learn in a very concise way what DASH Diet is all about. You also learn what you need to know about the foods you will eat and what you must eliminate from your diet. Here, is a quick list of what you will benefit from with this book: The book includes a graphic representation of the food that you can incorporate in your diet that follows the DASH Diet guidelines. This graph will also help you to lose weight if that's one of your goals. There are approximately 25 recipes inside this book. The recipes includes dishes perfect for breakfast, lunch, dinner and even as a snack. Each of the recipes included in this book has specific sodium content, which is quite helpful for people who are on a DASH-sodium restricted diet. So, to ensure that you are within your sodium limit in a day, just add the sodium content of each of the recipe you have chosen for the day-that's how easy it is to use this book! With this book, you will have a good background on DASH Diet and how it works-basically. Then you have 25 different DASH Diet recipes to choose from that's not only DASH Diet approved but gastronomically delicious."

*Dash Diet Slow Cooker Cookbook: 15 Minute Set and Forget It Dash Diet Slow Cooke* Simon and Schuster

Introducing: 2 Popular DASH Diet Manuscripts in 1 book: DASH Diet: The DASH Diet For Beginners With Delicious DASH Recipes for Weight Loss DASH Diet: The DASH Diet Guide with Delicious DASH Recipes for Weight Loss Manuscript 1: The Ultimate Guide with Delicious DASH Diet Recipes This DASH diet guide contains delicious, easy-to-make recipes for effective and sustainable weight loss with easy-to-understand guidelines. The DASH (Dietary Approaches to Stop Hypertension) is a healthy eating plan tailored to help in treating high blood pressure or preventing it in the first place. By encouraging you to reduce your sodium intake as well as consume potassium/calcium/magnesium-rich foods, you decrease your risk of high blood pressure. You even benefit from reduced risk of getting heart disease, stroke, diabetes, osteoporosis, and cancer. The fact that the DASH Diet guides you to making healthier food choices also makes it easier for you to lose weight. Through this book, you will gain a deeper understanding of the DASH diet, its countless benefits, and where and how you should begin. You will be given tips for eating the DASH diet way, and also a wide variety of delicious DASH-friendly recipes that will give you a feeling that you are not on a diet at all! What you'll get: DASH Diet Takeaways To Live By DASH-Approved Foods Tips for Eating the DASH Diet Way DASH-Diet Friendly Appetizer and Bread Recipes Guaranteed Low-Sodium Breakfast, Dessert and Beverage Recipes Blood Pressure-Lowering Fish, Chicken and Pasta Recipes Weight Loss-Inducing Turkey, Pork and Beef Recipes And more! Manuscript 2: The Ultimate DASH Diet Guide with Delicious DASH Recipes for Weight Loss In this manuscript, you will find a quick and easy guide to following the DASH diet. You will also gain 50 delicious DASH-approved recipes for not just improving your blood pressure levels, but also helping you to lose weight the healthy way. You will find recipes for breakfast, main dishes - be they for lunch or dinner - side dishes that can also serve as snacks, and desserts. The great thing about these recipes is you can find the exact amount of grams per serving size and the nutritional information per serving. That way, you will know



exactly how much protein, fat, and carbohydrates you are consuming, and you can tweak the ingredients depending on your health goals. In addition, all of the recipes in this book call for ingredients you can conveniently find in your local grocery store or farmer's market. You can also easily choose alternatives to the ingredients in times when they are not in season. So take control over your quality of life now by implementing the DASH diet. You will discover: A Guide to the DASH Diet DASH Diet Guidelines Top 12 Foods that Aggravate Hypertension Top 25 Foods that Help Reduce Hypertension DASH Breakfast and Brunch Recipes DASH Main Dish Recipes DASH Side Dish Recipes DASH Dessert Recipes And more! Get your copy today by clicking the Add to Cart button at the top of this page!

*Dash Air Fryer Cookbook* Dylanna Publishing, Inc.

Utilize food as your all-natural solution to sleeplessness with this easy guide that teaches you just what to eat—and when to eat it—to fall asleep faster and wake up refreshed. We've all heard that it's the turkey that makes you so sleepy after every Thanksgiving dinner, and a cup of warm milk is just the thing to help you settle down for night, but it may surprise you to find just how much what you eat can affect how well you sleep at night. Whether you experience occasional insomnia or suffer from chronic sleeplessness, *Eat to Sleep* explains which foods to eat and when to eat them in order to get the best night's rest possible. With information on how to easily incorporate "sleepy" foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, *Eat to Sleep* shows you the way to getting optimal shuteye—naturally.

*Taste of Home: Comfort Food Diet Cookbook: New Quick & Easy Favorites* Amidon Press

From the New York Times bestselling author, this guide to healthy living features the latest science and research and a Mediterranean diet-inspired meal plan to make this the most healthy and effective DASH diet ever. The DASH diet has been a staple of the dieting world, recommended by doctors, nutritionists, and crowned the US News and World Report's #1 best diet for 8 years in a row. But popular tastes and medical guidelines have evolved, and The Dash Diet Mediterranean Solution presents a new approach to the time tested diet program that highlights the benefits of whole foods. Marla Heller, MS RD has overhauled the DASH plan to reflect the latest, cutting-edge research on hypertension, diabetes, depression, and other health issues that impact millions of Americans. Meal planning gets a new focus on unprocessed foods (less sugar free jello, more fresh fruits!), seafood options, and even a whole section examining vegan and vegetarian choices. Filled with four weeks of menus and tons of strategies and research, The Dash Diet Mediterranean Solution offers readers a new approach to their best health the DASH diet way.

*The Mind Diet Plan and Cookbook* Createspace Independent Publishing Platform

The DASH Diet Made Delicious Packed with amazingly tasty recipes, creative meal plans and complete nutritional information, this cookbook makes following the DASH diet a snap. The 140 easy-to-make recipes provide a mouthwatering way to eat great, lose weight, lower blood pressure and prevent diabetes without feeling deprived. QUICK AND HEARTY BREAKFASTS • Berry Banana Green Smoothie • Veggie Frittata with Caramelized Onions ENERGY-BOOSTING LUNCHESES • Mexican Summer Salad • Chicken Fajita Wraps FAST AND FABULOUS SNACKS • Roasted Zucchini Crostini Dip • Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERS • Turkey Meatballs in Marinara Sauce • Ginger-Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTS • Grilled Peaches with Ricotta Stuffing and Balsamic Glaze • Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number-one diet in terms of weight loss, nutrition and prevention of diabetes and heart disease, DASH (Dietary Approaches to Stop Hypertension) is the best diet for a fit lifestyle. Including a 28-day meal plan, easy-to-follow exercise advice and tips for keeping to the diet when on the go, this cookbook is the ultimate guide to living healthy.

*Dash Diet* Rockridge Press

Hypertension diet is one of the best methods to reduce and control the blood pressure and avoid heart diseases. Dash diet menu is recommended by the National Heart, Lung, and Blood Institute for anyone who wants to decrease their blood pressure and improve heart health. You might be impressed by the dash diet foods. They are not only healthy but also delicious. This dash diet cookbook contains the variety of dash diet recipes for breakfast, lunch or dinner. The high blood pressure diet ideas include ingredients that can be easily find in every house. Make your personal dash eating plan for every day. Let food for hypertension take care of your body. Enjoy exclusively simple and tasty blood pressure diet meals. The dash diet food list includes Orzo with Peas and Mushrooms, Golden Potato Muffins, Honey Nougat with Almonds & Pistachios and lots of other mouthwatering dishes. Keep the dash diet for hypertension and forget about blood pressure problems. The best diet for high blood pressure ideas are offered for you now. Start the new stage of your life!

**The Dash Diet the Beginner's Guide to the Dash Diet ? Includes 25 Recipes!** Simon and Schuster

Outlines the principles of the DASH diet which is designed to lower high blood pressure and presents three hundred recipes for soups, stews, main dishes, vegetable sides, and desserts.

*The DASH Diet Weight Loss Program* CreateSpace

... The ancient wisdom to balance modern hectic life ... Ayurveda is an ancient South Asian system of holistic health and wisdom that has been practiced throughout the world for thousands of years. It teaches us to live in harmony with the world around us balancing our physical and mental tendencies with the limits of our life. Modern Ayurveda will show you the right habits of healthy eating and Ayurvedic lifestyle choices, from recipes and morning meditations to custom yoga practices and more. The purpose of this book is to introduce the secrets of Hindu healing through the practice of the oldest medical system in the world. Here is just a small part of what you will discover: What is Ayurveda? Theory of Tissue Formation - Dhatu Siddhanta Body process How Ayurveda is used as Medicine How Food and health concept are used with Ayurveda Guide for Prakriti How to Heal your Digestive tract with an Ayurvedic diet How Ayurveda can be used as a weight-loss diet Ayurveda Diet Recipes Each chapter of this book is designed to make Ayurveda feasible and accessible for anyone with a busy schedule. You will discover your Dosh, a particular type of energy that governs your natural tendencies and how to work with it for optimal well-being of body and mind and will allow you to make simple changes and habits, which adapt easily to your daily life. Included are graphs, diagrams and illustrative tables. Plus 25 Ayurvedic recipes that will help you restore the right balance between your mind and your body. Find out what your body asks you by reading "AYURVEDA HEALING DIET". AUDIO VERSION "" Narrated by Indian native speaker with relaxing music and exactly pronunciation and phonetics of technical words

*The DASH Diet for Weight Loss* Martha Jones Dash Diet Cookbooks

"Contains material adapted from The everything DASH diet cookbook by Christy Ellingsworth and Murdoc Khaleghi, MD, copyright A2012 by F+W Media, Inc."--Title page verso.

*The DASH Diet 30-Minute Cookbook* Createspace Independent Publishing Platform

Eating is one of the greatest pleasures of our lives. Our eating habits greatly affect our health. Everyone deserves a balanced and nutritious diet to spend a healthy life. However, due to obvious reasons, it is very difficult to overcome temptations towards certain diets rich in sodium and cholesterol which ultimately result in developing high blood pressure or hypertension. Once developed, hypertension can easily be controlled by adopting a diet plan known as DASH diet (dietary approaches to stop hypertension). In this DASH diet cookbook I have provided you with

collection of DASH diet recipes which, if followed, can ultimately lead towards controlling the high blood pressure and hypertension. These DASH diet recipes are easy to cook and take very less time in preparation. They are nutritious, energetic, tempting and exotic. With slight variations in ingredients and inclusion of substitutes, you hardly feel trailing an unfamiliar diet program. So this DASH diet cookbook provides a diet plan very close to regular diet. At last, as they say, prevention is better than cure, therefore, DASH program is a must to be followed by all.

**The DASH Diet Action Plan** Simon and Schuster

Do you suffer from high blood pressure or diabetes? Do you suffer from obesity or from being overweight? Then my eBook, *The DASH Diet: The Beginner's Guide to the DASH Diet* is the right book for you! This book is filled with helpful info that will help you successfully achieve a healthier weight and lifestyle. You will be provided with insightful information, that will help you carry out the requirements of the DASH Diet like a pro! In this awesome book you will also learn:\* General information of what you will eat on the DASH Diet\* The DASH Diet is nothing like your average diet\* Helpful tips that will supplement your diet\* 25 great tasting DASH Diet RecipesThe information will be broken down into easy to understand information, so that when you're ready to try out the DASH Diet, you'll first have to hand knowledge that will put you on the right path to DASH Diet success!

*The Everyday DASH Diet Cookbook* Createspace Independent Publishing Platform

The Ultimate DASH Diet Guide with Delicious DASH Recipes for Weight Loss In this book, you will find a quick and easy guide to following the DASH diet. You will also gain 50 delicious DASH-approved recipes for not just improving your blood pressure levels, but also helping you to lose weight the healthy way. You will find recipes for breakfast, main dishes - be they for lunch or dinner - side dishes that can also serve as snacks, and desserts. The great thing about these recipes is you can find the exact amount of grams per serving size and the nutritional information per serving. That way, you will know exactly how much protein, fat, and carbohydrates you are consuming, and you can tweak the ingredients depending on your health goals. In addition, all of the recipes in this book call for ingredients you can conveniently find in your local grocery store or farmer's market. You can also easily choose alternatives to the ingredients in times when they are not in season. So take control over your quality of life now by implementing the DASH diet. In this book, you will discover: A Guide to the DASH Diet DASH Diet Guidelines Top 12 Foods that Aggravate Hypertension Top 25 Foods that Help Reduce Hypertension DASH Breakfast and Brunch Recipes DASH Main Dish Recipes DASH Side Dish Recipes DASH Dessert Recipes And more! Get your copy today by clicking the Add to Cart button at the top of this page!

**The Dash Diet Weight Loss Solution** Createspace Independent Publishing Platform

This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan-and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption--2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 "U.S. Dietary Guidelines for Americans." The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure. Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat--about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.

**Dash Diet Cookbook** Createspace Independent Publishing Platform

New York Times bestselling author Marla Heller, in collaboration with bestselling cookbook writer Rick Rodgers, provides simple, home-cooked, DASH-approved meals to help promote weight loss and increased health benefits. A healthy diet is only as good as the food it provides in its plan. Now in THE EVERYDAY DASH DIET COOKBOOK, bestselling author and foremost DASH expert Marla Heller, together with bestselling cookbook writer Rick Rodgers, makes it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, a group of almost 130 million people, and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle. With recipes such as Cinnamon French Toast with Raspberry Sauce, Filet Mignon au Poivre, Yankee Clam Chowder, and Chocolate Fondue with Strawberries, eating health has never been so easy and delicious.

*DASH Diet For Dummies* Createspace Independent Publishing Platform

Better Eating for Better Brain Health--The Complete Guide Your cognition can actually be improved by what you eat. The MIND Diet Plan and Cookbook is the definitive guide to the MIND diet (Mediterranean-DASH Intervention for Neurodegenerative Delay)--which studies have shown may reduce the risk of Alzheimer's and other forms of dementia. Start with a comprehensive 4-week meal plan that eases you into the MIND diet. Plan your own meals with detailed serving guides and tons of brain-boosting recipes--including Cherry Oat Smoothies, Fish Tacos with Cabbage Slaw, Moroccan Chicken Tagine, and Crustless Apple Pie. Discover simple lifestyle changes that promote a healthier brain. The MIND Diet Plan and Cookbook features: THE COMPLETE MIND GUIDE--Learn to manage your diet with guides to MIND-friendly ingredients, weekly serving goals, foods to limit, and more. GOODBYE TO GUESSWORK--75+ simple, mouthwatering recipes--plus a 4-week meal plan, complete with weekly shopping lists and prep instructions--make the MIND diet easy. BEYOND THE DINING TABLE--Take the MIND diet to the next level with helpful lifestyle suggestions for enhancing your cognitive health. Everything you need to help keep your brain healthy--The MIND Diet Plan and Cookbook.

**Dash Diet** Independently Published

Noted physician Thomas J. Moore, M.D., presents the ultimate guide to the revolutionary DASH diet. Based on nearly twenty years of scientific research by doctors at Johns Hopkins, Harvard, Duke, and more, the DASH diet has been proven to lead to sustainable weight loss—and to prevent and reduce high blood pressure; lower “bad” cholesterol; and reduce the risk of stroke, kidney disease, heart attack, and even colon cancer. Originally designed as a diet for reducing high blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension) will help you lose and keep weight off with the perfect meal plan to meet your dietary and caloric needs. Rated the #1 diet by U.S. News & World Report in 2011, 2012, 2013, and 2014, the DASH diet includes no gimmicky foods—instead, those on the diet eat low-salt meals including whole grains; eggs, fish, and chicken; nuts, fruits, and

vegetables; lower-fat dairy products; and even desserts. The book's practical 28-day menu planner provides an easy-to-use roadmap on how to get started, with tasty recipes for a variety of dishes. (Try the Cobb salad, shrimp Scampi, or apples in caramel sauce.) The book also features stories from people who have lost weight on the DASH diet—and kept it off for years. Tired of ineffective fad diets? The DASH Diet for Weight Loss can show you how to shed pounds and feel healthier by following a tried-and-true research-based approach. Features included extensive, easy-to-follow meal plans (for meat-eaters and vegetarians alike) as well as practical tools and advice that will help you: \* Calculate and meet calorie targets and learn what counts as a serving \* Add exercise to ramp up your fitness \* Keep a food log and plan a menu \* Adapt your favorite recipes for a healthier lifestyle \* Maintain your weight loss over time Endorsed by the National Heart, Lung, and Blood

Institute and the American Heart Association (AHA), this natural and affordable program is designed for long-lasting results. Start today to begin your lifetime of health. \*\*\* START THE DASH DIET THE EASY WAY WITH ONE OF OUR SIMPLE, SUBSTANTIAL MEAL PLANS: 1,600 CALORIES Target: 6 grain, 4 fruit, 4 vegetable, 2 dairy, 1½ meat, ¼ nuts/seeds/legumes, 1 added fat, ½ sweets BREAKFAST (340 CALORIES) 1 Low-Fat Blueberry Muffin (see recipe), 2 grain (200 calories) ½ cup raspberries, 1 fruit (30 calories) 1 cup low-fat milk, 1 dairy (110 calories) MORNING SNACK (160 CALORIES) 1 cup sliced mango, 2 fruit (110 calories) ¾ ounce (1 small slice) low-fat cheddar cheese, ½ dairy (50 calories) LUNCH (325 CALORIES) 1 Cobb Salad (see recipe), 4 vegetable, ½ dairy, ½ meat, 1 added fat (225 calories) 1 small chocolate chip granola bar, 1 grain (100 calories) AFTERNOON SNACK (160 CALORIES) "Ants on a log": 4 celery sticks (5 inches each), 1 vegetable (5 calories) 1 tablespoon peanut butter, ½ nuts/seeds/legumes (100 calories) 2 tablespoons raisins, ½ fruit (55 calories)