



Healthy Cookbooks: Nutrition for Your Blood Type and Dash Diet (Paperback)

By Janelle Helgeson, Bruning Elly

Cooking Genius, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Cookbooks: Nutrition for Your Blood Type and DASH Diet Healthy Cookbooks is a collection of two different diet plans, the DASH diet and the Blood Type diets. Categories include What is the DASH Diet? DASH Study Daily Nutrient Goals, DASH Diet Guidelines, Exercise and the DASH Diet, Recipes for the DASH Diet including sections on Appetizers, Beverages, Breakfast, Main Dishes, Sides, Salads, Soups and a DASH Diet 5 Day Sample Menu. The second section includes these categories: Blood Type Diet, What the Opposition Says About Blood Type Diets, Blood Types, Blood Type O Diet, Blood Type A Diet, Blood Type B Diet, Blood Type AB Diet, and Blood Type Recipes. The first section is the DASH Diet plan and includes a sampling of these recipes: DASH Spinach Dip, Fresh Mushroom Quesadillas, Peanut Butter and Banana Smoothie, Non Alcoholic Hurricane Punch, Chewy Fruit Bars, Toasted Breakfast Sandwich, and Simple Grilled Chicken.



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Reviews

This publication will never be effortless to get started on reading through but very entertaining to read through. It normally is not going to expense too much. I discovered this publication from my dad and i encouraged this book to find out.

-- **Otilia Schinner**

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

-- **Mr. Martin Baumbach**