



# **DASH Diet Vegan Cookbook: Start Your Vegan Diet to Lose Weight and Live a Healthy Life**

*Nigella Waters*

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**DASH Diet Vegan Cookbook**

**Start Your Vegan Diet to Lose Weight and Live a Healthy Life**

Included here are easy-to-do recipes that will enable you to cook your own meals even with your busy schedule. Tips and trivia are indicated to provide you with additional knowledge regarding the health benefits of some of the ingredients.

Additional dietary information is also provided in each recipe, for you to accurately monitor your calorie and nutrient intake.

This book contains proven steps and strategies on how to prepare healthy vegetarian dishes that will **help you achieve your target weight in a short period of time.**

**In This Book You Will Find:**

- Healthy Salad Recipes
- Enticing Side Dishes Recipes
- Scrumptious Main Dishes Recipes
- Delectable Desserts Recipes
- And Much More To Satisfy Your Tastebuds

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