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Autore	Barrington Kate
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Nota di contenuto	Introduction -- Part I: The DASH Diet Detox Program -- Chapter 1: DASH Diet Basics -- Chapter 2: What Is the DASH Diet Detox? -- Chapter 3: Getting Started on the DASH Diet Detox Program -- Chapter 4: The 14-Day DASH Diet Detox Program -- The 28-Day DASH Diet Detox Program -- Part II: DASH Diet Detox Recipes -- Chapter 6: Breakfast Recipes -- Chapter 7: Lunch Recipes -- Chapter 8: Dinner Recipes -- Chapter 9: Side Dishes -- Chapter 10: Snacks and Desserts -- Conclusion -- Appendix -- Glossary of Important Terms -- Low-Calorie DASH Diet Snacks -- Bonus DASH Diet Smoothies -- End Notes -- Conversions -- Index -- Recipe Index -- About the Author.
Sommario/riassunto	"Shedding pounds, lowering blood pressure and detoxing your body have never been easier thanks to the DASH Diet Detox,"--Amazon.com.