

# **Blood Pressure Solution Dash Diet 2 Books In 1 Bundle The Ultimate Beginners Guide To Naturally Lower Your Blood Pressure With 30 Proven Superfoods Dash Diet Meal Plan Recipes**

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February 9th, 2019 - Grains 1 2 cup of cooked whole grains 1 slice of whole wheat bread or 1 ounce of dry cereal Fruits and Veggies 1 2 cup of chopped fruits or veggies 1 medium fruit 1 cup of leafy greens 3 4 of a

cup of 100 fruit juice or 1 4 cup dried fruit

**The DASH Diet A Complete Overview and Guide for Beginners**

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