



# Nutritional Healing: Special Nutrition with the DASH Diet

*Keeley Gwin, Toscano Eldora*

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**Nutritional Healing: Special Nutrition with the DASH Diet** Keeley Gwin, Toscano Eldora

Nutritional Healing: Special Nutrition with the DASH Diet The Nutritional Healing book is about two distinctive diet plans, the "Dieting Cookbook" which highlights low fat, low carbohydrate, muscle building, weight loss, raw diet, Paleolithic diet, and vegetarian, vegan recipes. The other plan is the DASH Diet. Each of these plans work to provide healthy recipes to help make a good lifestyle change. While the first section focuses specific diets to help with weight loss, the second section focuses on bringing about a healthy blood pressure. All the diets feature healthy whole foods that are nutritious and delicious and enable the planning of the menu for weeks at a time. A sampling of the first section's recipes includes Baked Salmon in the Low Fat Recipes, Egg Frittata in the Low Carbohydrate Recipes, Chopped Steak with Mushroom Sauce in the Muscle Building Recipes, Spicy Stir Fry of Shrimp in the Fish Recipes to Lose Weight, a Simple Raw Pizza in the Raw Food Diet, Grilled Tofu with Ratatouille Vegetables in the Vegetarian and Vegan Recipes, Steak Tartar in the Paleolithic Diet Recipes, Oats and Raspberry Natural Pancakes in the Breakfast Recipes, Cottage Cheese Dessert and Breakfast Pancakes in the Desserts for the Diet Conscious section. A sampling of the DASH diet recipe section includes: DASH Spinach Dip, Fresh Mushroom Quesadillas, Peanut Butter and Banana Smoothie, Non-Alcoholic Hurricane Punch, Chewy Fruit Bars, Toasted Breakfast Sandwich, Simple Grilled Chicken, Portabella Mushroom "Burgers", Baked Macaroni and Cheese, Spicy Garlic Green Beans, Spicy Tuna Salad, Low Cholesterol Potato Salad, Nutrient packed Kale Soup, Hearty turkey Soup, Cream of Wild Rice Soup with Fennel, Meatless Lentil Chili, Tomato Zucchini Salad with Eggs, Tabouli with Tomatoes, Rice Pilaf with Saffron, Spicy Steamed Egg plant with Peanut Sauce, Vegetable Medley Pasta Sauce, Basic Barbeque Pork Chops, and a Healthy Homemade Granola.

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