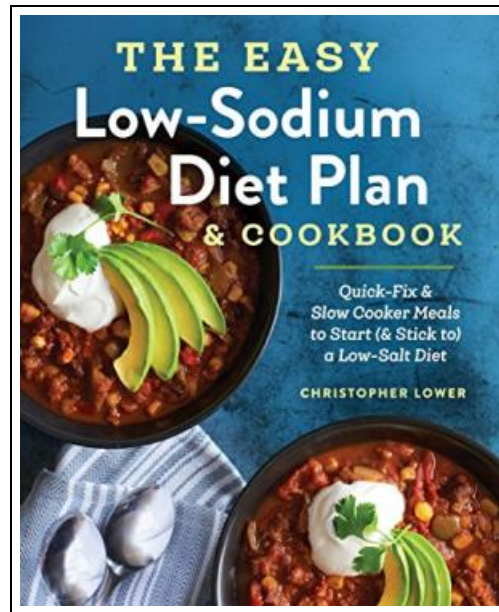


## The Easy Low Sodium Diet Plan and Cookbook: Quick-Fix and Slow Cooker Meals to Start (and Stick To) a Low Salt Diet (Paperback)



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## THE EASY LOW SODIUM DIET PLAN AND COOKBOOK: QUICK-FIX AND SLOW COOKER MEALS TO START (AND STICK TO) A LOW SALT DIET (PAPERBACK)



Rockridge Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Your all-in-one low sodium cookbook and meal plan for fast, effortless meals that your heart (and taste buds) will thank you for. Eat healthier, feel better-it sounds so simple. Yet, for many Americans with high blood pressure or heart disease, learning to eat without added salt may feel like an impossible battle. The Easy Low Sodium Diet Plan Cookbook is the first and only low sodium cookbook to also include a meal plan, making it easier than ever to start-and stick with-your new low sodium lifestyle. You ll discover that it is possible to eat well with no added salt-and how simple it can be to cook a range of delicious, low sodium favorites right at home. In this complete low sodium cookbook you ll find: More than 95 recipes designed to be the easiest to prepare and cook, from quick-prep stovetop and oven meals to slow cooker dishes that do the cooking for you.Meals that prep in 30 minutes or less, none of which call for any added salt.Two 4-week meal plans show you how to combine meals over the course of a month while ensuring you won t go over 1,500 mg of sodium per day.Knowledgeable guidance from Christopher Lower, the voice behind the popular food blog Hacking Salt, who has been there, done that with low sodium diets, and knows what actually works.So grab a slow cooker, skillet, or baking dish, and start preparing simple, satisfying, meals with the easiest low sodium cookbook you ll ever use.

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