

**The Ultimate Guide To DASH Diet: Scientific And  
Healthy Weight Loss Plan With Delicious Recipes By  
Bernard Sharpe**



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### **The 8 best cookbooks for 8 popular healthy diets | sparkpeople**

This commercial weight-loss diet features meal plans that are lower in The book also dives into the science behind Paleo, and how personalized meal plans From one reviewer: "Every recipe I made has been delicious. Consider "The Clean Eating Cookbook & Diet" your ultimate guide to a clean diet.

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