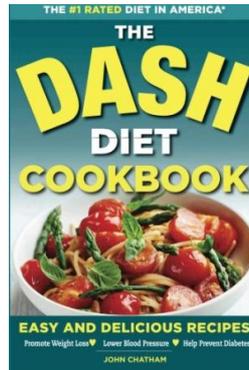


## Dash Diet Health Plan Cookbook: Easy and Delicious Recipes to Promote Weight Loss, Lower Blood Pressure and Help Prevent Diabetes



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