



## Everyday Meal Plans for Hypertension: A Collection of Planned Meals for Individuals with High Blood Pressure and Their Families (Paperback)

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By Wayne C Goodwin Aac, John N Pantel Rdn

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you are looking for an Meal Plan that includes eating less salt and sodium but is easy to follow, then this Everyday Meal Plans for Hypertension book is just what you are looking for! The recipes in this Meal Plans book are made especially for individuals that want to prevent high blood pressure or already have hypertension but may be having problems finding complete Meal Plans with healthy foods. They are designed to allow you to eat great tasting, exciting, and easy to prepare foods using common everyday ingredients. The Everyday Meal Plans for Hypertension can help you follow a low sodium eating plan without using any expensive specialty foods or flavorless recipes. If followed continuously the Meal Plans can also help you control your weight by following a specified calorie amount, and give you the energy you need for a healthy and active lifestyle. Our Meal Plans are wonderful for anyone who wants to prevent or control high blood pressure without feeling deprived. There is no need to struggle finding healthy, good tasting recipes on your...



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