

[PDF] 500 Low Sodium Recipes: Lose The Salt, Not The Flavor In Meals The Whole Family Will Love

Dick Logue - pdf download free book

Books Details:

Title: 500 Low Sodium Recipes: Lose

Author: Dick Logue

Released: 2007-11-01

Language:

Pages: 512

ISBN: 1592332773

ISBN13: 978-1592332779

ASIN: 1592332773



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

About the Author

Dick Logue is the author of several cookbooks and founder of the website <http://www.lowsodiumcooking.com>. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of

foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber Recipes*, *500 Low Glycemic Index Recipes*, *500 Heart-Healthy Slow Cooker Recipes*, *500 400-Calorie Recipes*, and *500 15-Minute Low Sodium Recipes*. He lives in La Plata, MD.

- Title: 500 Low Sodium Recipes: Lose the salt, not the flavor in meals the whole family will love
 - Author: Dick Logue
 - Released: 2007-11-01
 - Language:
 - Pages: 512
 - ISBN: 1592332773
 - ISBN13: 978-1592332779
 - ASIN: 1592332773
-