

SIMPLE HEART HEALTHY COOKBOOK FOR BEGINNERS

SIMPLE HEART HEALTHY COOKBOOK FOR BEGINNERS

A Complete Heart Healthy Diet Book with Easy & Delicious
Low Sodium Recipes to Improve Your Heart Health

Includes a 28-Day Meal Plan

BONUS:
Enhancing
Heart Health
Beyond
Diet



Wally Gross

The Healthy Heart Cookbook

Joseph C. Piscatella, Bernie Piscatella



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