



# Make Ahead Meals FOR BUSY MOMS

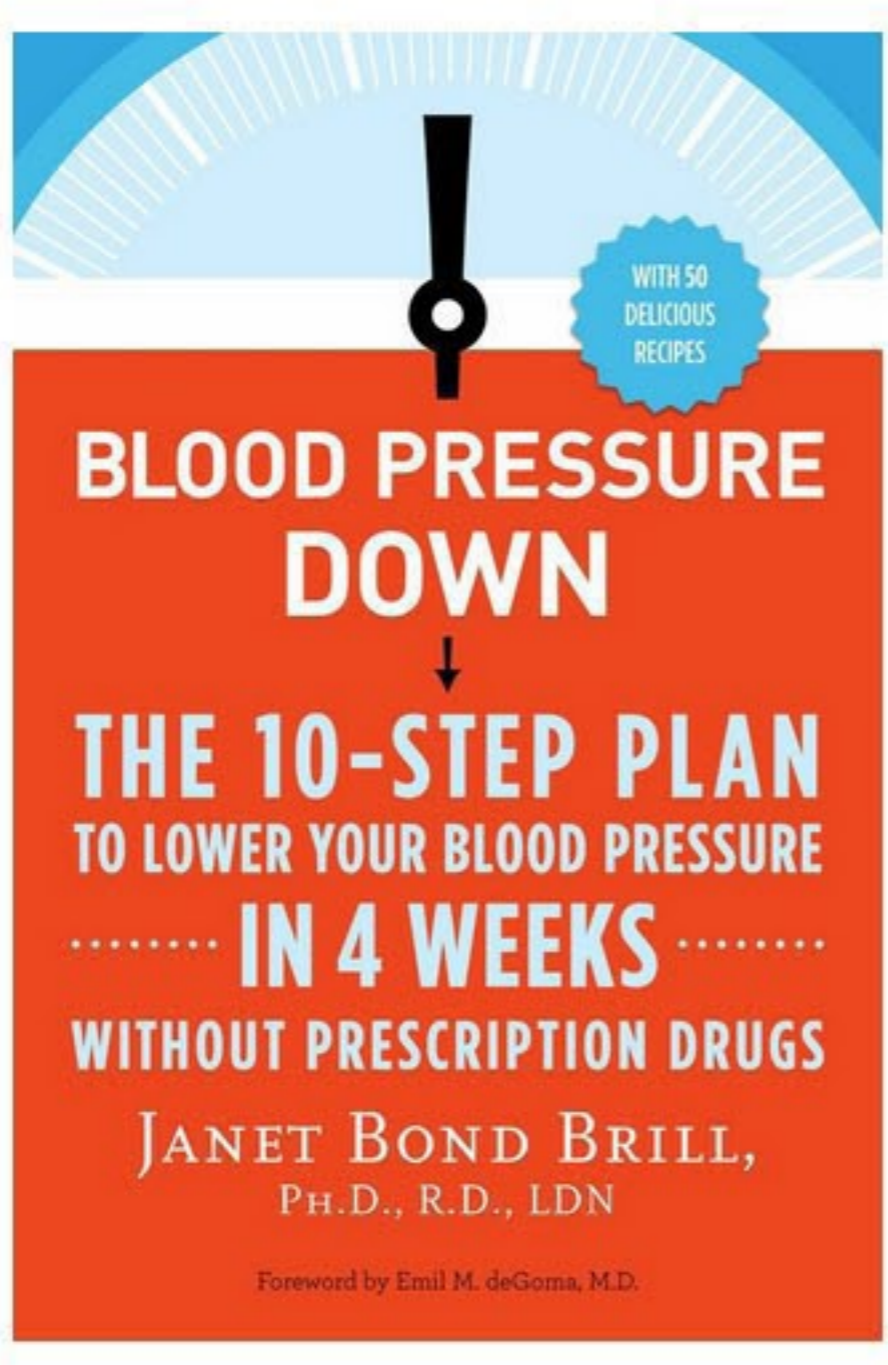
RECIPES, REVIEWS & GIVEAWAYS FOR FOODIES!

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## Review: Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks—Without Prescription Drugs

May 30, 2013 by Jane 2 Comments

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### Author Bio

**Janet Bond Brill, Ph.D., R.D., LDN**, author of *Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks — Without Prescription Drugs*, is a nationally recognized expert in cardiovascular disease prevention and the author of *Cholesterol Down* and *Prevent a Second Heart Attack*. She has been a nutritionist in private practice for many years.

For more information please visit <http://www.drjanet.com>



Janet Bond Brill, Ph.D., R.D., LDN

### My Review

High blood pressure is a serious matter. I'm in my late 40's and I don't have an issue with it, but if I did, you can be sure that I would take every step possible to control it with my diet. I don't always eat or crave the best food for me, but I do make an effort to eat healthy food a good part of the time.

I was excited to review this book so that I can learn how to make better food choices for me and my family. Dr. Janet thoroughly explains high blood pressure and does it in a way we can all understand.

There are many helpful lists/charts such as:

- Supermarket Salt Shockers
- Ten Surprisingly Simple Tips for Cutting Back on Your Intake of Salt
- Potassium Power Foods
- Ten Tips for Adding Potassium Into Your Day
- Magnesium Power Foods
- Calcium Power Foods
- Ten Simple Stress-Busters
- Sample of Meal and Exercise Plan

There are also healthy recipes in the back of the book.

Since this book arrived, I go back to the lists (above) when making my grocery shopping list. I feel inspired to buy more foods rich in potassium, calcium, and magnesium and eliminate the higher sodium junk that can creep into my diet. I honestly love the way I feel when I eat better and it really does help you shed those unwanted pounds. Ultimately, I want a healthy and fit family, so I'm grateful for the tips and strategies in this book.

Dr. Janet let me share one of her recipes with you! I made this guacamole last week and Dave and I enjoyed it with baby carrots and Pita chips!



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### Fresh Avocado Dip (Guacamole)

By Janet Bond Brill, Ph.D., R.D., LDN, Author of *Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks — Without Prescription Drugs*

Serve as a dip with low-salt bagel or pita chips, or as an accompaniment to the Salmon Black Bean Quesadillas or Shrimp Tacos with Kiwi Salsa.

- 2 cups chopped avocado (from 2 medium avocados)
- ¼ cup chopped fresh cilantro
- 1 tablespoon lime juice
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ½ teaspoon salt-free seasoning
- 6 drops hot pepper sauce

Mash the avocado in a bowl with a fork until desired consistency. Mix in the cilantro, lime juice, garlic powder, ground cumin, salt-free seasoning, and hot pepper sauce. Serve immediately.

Yield: 1 ½ cups – Serves 6

Nutrition per ¼ cup serving:

- Calories: 98 kcal
- Sodium: 6 mg
- Potassium: 301 mg
- Magnesium: 17 mg
- Calcium: 9 mg
- Fat: 9 g (EPA 0g, DHA 0g, ALA <1g)
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Carbohydrate: 5 g
- Dietary fiber: 4 g
- Sugars: Protein: 1 g

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You can find *Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks — Without Prescription Drugs* at Amazon.com.



Disclosure: I received a copy of Dr. Janet's book. The comments in this post are 100% my own.



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