

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

# Heart Healthy Cookbook

**Yan Bai**



**Heart Healthy Cookbook:**

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