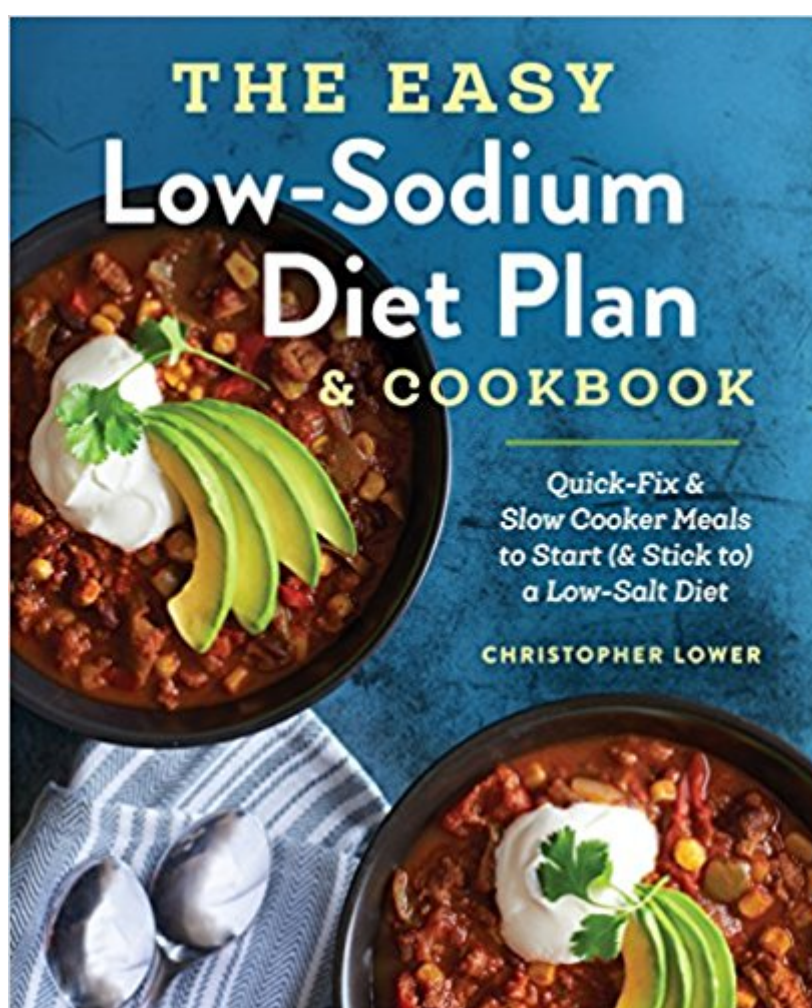


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# The Easy Low Sodium Diet Plan And Cookbook: Quick-Fix And Slow Cooker Meals To Start (and Stick To) A Low Salt Diet



## Synopsis

Your all-in-one low sodium cookbook and meal plan for fast, effortless meals that your heart (and taste buds) will thank you for. Eat healthier, feel better-it sounds so simple. Yet, for many Americans with high blood pressure or heart disease, learning to eat without added salt may feel like an impossible battle. The Easy Low Sodium Diet Plan & Cookbook is the first and only low sodium cookbook to also include a meal plan, making it easier than ever to start-and stick with-your new low sodium lifestyle. You'll discover that it is possible to eat well with no added salt-and how simple it can be to cook a range of delicious, low sodium favorites right at home. In this complete low sodium cookbook you'll find: More than 95 recipes designed to be the easiest to prepare and cook, from quick-prep stovetop and oven meals to slow cooker dishes that do the cooking for you. Meals that prep in 30 minutes or less, none of which call for any added salt. Two 4-week meal plans show you how to combine meals over the course of a month while ensuring you won't go over 1,500 mg of sodium per day. Knowledgeable guidance from Christopher Lower, the voice behind the popular food blog Hacking Salt, who has "been there, done that" with low sodium diets, and knows what actually works. So grab a slow cooker, skillet, or baking dish, and start preparing simple, satisfying, meals with the easiest low sodium cookbook you'll ever use.

## Book Information

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## Customer Reviews

View larger    Oven-Roasted Vegetables with Rosemary    Meatless, Dairy-Free, Gluten-Free, Low-Fat    Lowest Sodium.    Serves 8 / Prep time: 20 minutes / Cook time: 45 minutes    The naturally sweet flavors that come from oven-roasted golden brown veggies gives them a mouthwatering taste

that is hard to resist. Wonderfully tender, flavored with rosemary, and seasoned to perfection, this dish is the perfect accompaniment to any meal. Instructions 1. Preheat the oven to 400 F, with oven racks placed in the two bottom positions. Lightly coat two baking sheets with the cooking spray. 2. In a large bowl, stir together the potatoes, carrots, zucchini, bell pepper, onion, and garlic. Drizzle 2 tablespoons of the olive oil and season with the ½ teaspoon of the black pepper, and 1½ tablespoons of the chopped rosemary. Stir to combine. 3. Place beets in a medium bowl. Drizzle the remaining 1 tablespoon olive oil over the beets and season with the remaining ½ teaspoon black pepper and ½ tablespoon chopped rosemary. Stir to combine. 4. Divide the vegetables evenly between the two prepared baking sheets. Roast for 20 minutes, then gently stir the vegetables and rotate the baking sheets from rack to rack and front to back. Roast until the vegetables are tender when pierced with a fork and golden brown in some spots, 20 to 25 minutes more. 5. Serve garnished with the rosemary sprigs (if using). Tip: Using two baking sheets gives the vegetables enough room to allow them to truly roast and brown, rather than steam. Storage: Store in an airtight container in the refrigerator for 3 to 5 days. Reheat in the oven at 425 F for 15 to 20 minutes. Per Serving: Calories: 135; Total Fat 6g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 29mg; Potassium: 707mg; Total Carbohydrate: 22g; Fiber: 4g; Protein: 3g. Cooking spray 1 pound Yukon gold potatoes, cut into 1-inch pieces 4 carrots, peeled and cut into 1-inch pieces 4 medium zucchini, cut into 1-inch pieces 1 red bell pepper, cut into 1-inch pieces 1 large Vidalia onion, cut into 1-inch pieces 6 to 8 cloves garlic 3 tablespoons extra virgin olive oil, divided ½ teaspoon freshly ground black pepper, divided 2 tablespoons chopped fresh rosemary, divided 2 medium beets, peeled and cut into 1-inch pieces 2 sprigs fresh rosemary, for garnish (optional)

"Maintaining a low sodium diet can be difficult. But, with The Easy Low-Sodium Diet Plan and Cookbook, Christopher Lower offers a perfect balance of firsthand knowledge, personal perspective, and meal planning methods that make maintaining a low sodium diet simple. This is a fabulous resource, perfect for novice cooks who are new to a low sodium lifestyle, and a must have for anyone with health issues that require a low sodium diet."-Karen Clark, Owner, Dak's Spices, [www.daksspices.com](http://www.daksspices.com) "This cookbook is a rare find. Everything is presented clearly with lots of great tips; and the recipes - as the title suggests - are EASY! So many great ideas for weeknight meals that don't break the bank or require a lot of fuss. With everything from meal plans to suggestions for creating more variety and flavor, I give this book my highest recommendation!"-Michelle Phillips, Chef & Owner - [www.Baconfatte.com](http://www.Baconfatte.com) "As a catering

professional and private chef, I often work with clients who are on sodium-restricted diets and seeking flavorful menu choices. This book is a valuable and informative resource offering culinary inspiration. The recipes are well written, easy to follow and delicious. It's a must-have for anyone seeking to reduce their sodium intake without sacrificing flavor or fun.â•-Chef Eric Olson, Owner, Chow Catering,Â [www.chowcolorado.com](http://www.chowcolorado.com) "As a board certified Advanced Heart Failure and Transplant Cardiologist, I care for patients with heart failure. It can be difficult for those in my care to minimize their sodium intake. Finding low sodium foods can be frustrating, and those who have become accustomed to high sodium content struggle to adapt to a lower sodium diet. Christopher Lowerâ™s book is a welcome resource and I am particularly happy to see his approach offering practical ideas on how to eat well without added sodium. He provides easy techniques to help you replace high-sodium content foods without too much hassle."-Dr. Peter Eckman, MD, FACC, Heart Failure Section Head, Minneapolis Heart InstituteÂ® at Abbott Northwestern Hospital

CHRISTOPHER LOWER has been living salt-free since 2002. He shares guidance from his personal journey to a sodium-free life in his blog Hacking Salt. Christopher believes that maintaining a healthy way of eating shouldn't also mean sacrificing satisfying meals that you truly enjoy-and he knows it doesn't have to. Learn more at [HackingSalt.com](http://HackingSalt.com).

Good recipes

Very informative

Very informative and helpful restricted sodium diet

Love this cookbook!

Excellent recipe book for low sodium dieters. I've been missing the taste of several dishes in this book and plan on making them very soon. Red beans and rice, cauliflower fried rice, and chicken noodle soup are the ones I'm most excited for. Just know many recipes are for the slow cooker, so if you don't have one, get one. Slow cookers and George Foreman grills are a must for low sodium dieters. I'll update this review once I try some of these recipes.

I am board certified in Advanced Heart Failure and Transplant Cardiology, so spend all of my

professional time caring for patients with heart failure. One of the most important yet most difficult elements of care for those with heart failure is minimizing sodium intake. It can be hard to find low-sodium foods, and those of us who have become accustomed to high sodium content struggle to adapt to lower sodium content. Salt substitutes are unsatisfying for many, and resources to promote healthier eating are more likely to consist of lists of what NOT to eat, or estimates of the sodium content of various foods. Christopher Lower's book is a welcome addition, and I am particularly happy to see his approach offering practical ideas on how to eat WELL without the sodium. One of the challenges of following a low sodium diet is that it can take more time - this book provides easy techniques to help you replace high-sodium content foods without too much hassle. As one might expect when replacing heavily processed foods that are ready to eat right out of the box (and microwave!), these recipes require some preparation. I couldn't find any that were particularly complex, and the minimal investment is time well spent to stay well and away from the hospital. Lower also makes frequent use of the slow cooker - a great way to tenderize and bathe in flavors without relying on salt! I was also impressed to see a number of meatless recipes, and the overall range should include something for everyone's taste buds. The desert section is a little thin, but I don't think this is a problem - replacing the salt in the appetizers and main courses is where most people seem to struggle. The end of the book also includes links to other online resources. I was a little surprised to not find a list of salt substitutes, but then realized that would undermine the point and much of the value of the book! The idea isn't to simply do what you always do and substitute the salt shaker for the salt substitute shaker, but to learn to shift how and what you prepare. I suspect you will soon see under the "Frequently Bought Together" section a number of slow-cookers!

My husband is on a No Salt Diet and the cover of this one looked so inviting and the word "easy" caught my eye so I ordered it. The recipes are delicious and the variety from desserts, to dinners, lunches, soups, salads, snacks are a great fit to my budget and diet restrictions. It is also filled with great hints and information!

Getting a Heart Failure diagnosis at age 59 right after rotator repair, with no symptoms prior, was a shock. Restricted sodium and fluid intake?! What?! They sent me home with a general Heart disease booklet. For weeks I thought all I could eat was fresh fruit and veggies and oatmeal. Then I found this recipe book that was just about to be released. It is great! So far every recipe we've tried is tasty and easy. This is a great starter book for how to replace seasonings too. There are 3

sections in Part One, with information on sodium, blood pressure, the things to do or not do in your kitchen, and some weekly meal plans... etc... Then great recipes like: Overnight Oatmeal with Banana and Chocolate, Roasted Salmon with Spinach-Quinoa Salad, and tonight I'm making Black Bean Croquettes with Fresh Salsa. We've been adding more whole and organic foods for over 15 years, so we had a start on healthy diets, but skipping even more sodium is another step- and now I'm learning that it is one everyone should be doing. So, this is a great cookbook for EVERYONE, whether you have restrictions or not!

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