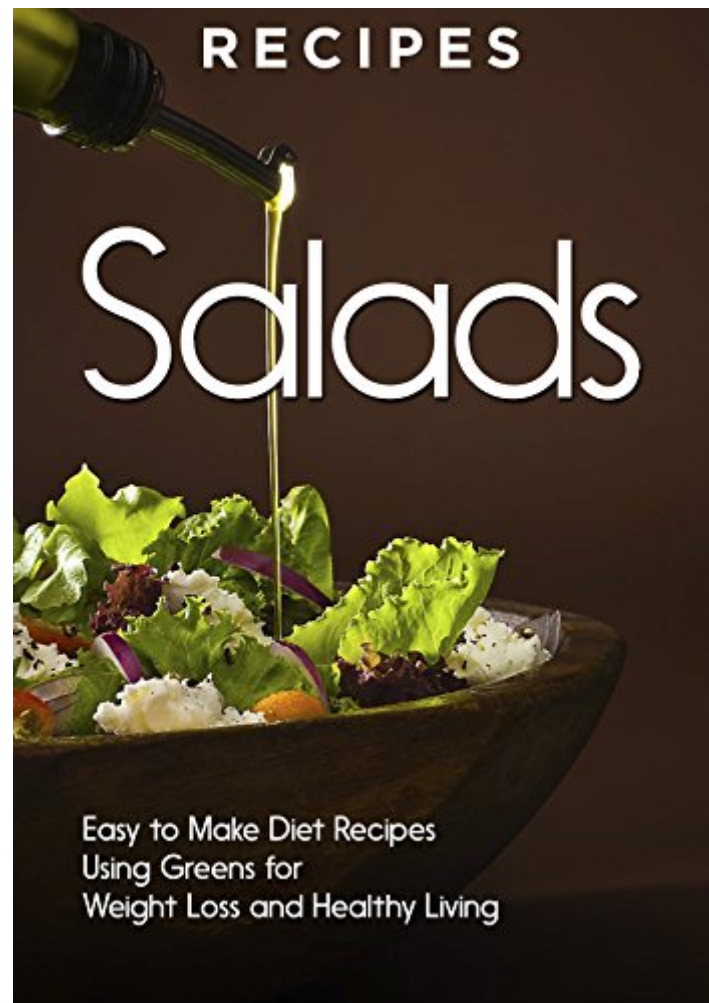




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RECIPES: SALADS - Vegetables, Fruits, & Dressings. Quick And Easy, Weight Loss Meals For Healthy Living. (Nutrition Plan, Lunch, Lose Fat, Salad Diet, Green Diet, Fiber, Clean Eating)





Synopsis

Improve Your Diet and Lose Weight With These Delicious Salad Recipes!***Read this book for FREE on Kindle Unlimited - Download Now!***Do you love salads? Would you like to explore new tastes and varieties? Do you want to eat healthier without losing your enjoyment of food?When you download Recipes: SALADS Easy to Make Diet Recipes Using Greens for Weight Loss and Healthy Living, you'll have a wealth of new salads to try! These fun and easy recipes make it simple to try out new ingredients and combinations. You'll be proud to share your new favorites with your friends and family!Recipes: SALADS Easy to Make Diet Recipes Using Greens for Weight Loss and Healthy Living teaches you exciting new recipes for every meal of the day, including breakfast, lunch, dinner, and snacks. These easy-to-assemble meals are quick to prepare and are all under 400 calories. It's easy to lose weight with these delicious salad recipes!Here's a preview of what you can learn from this engrossing book:"Start by rinsing the spinach and then let it dry. Turn on your grill and add water to a pan. Bring the water to a boil, and poach an egg. Slice your tomatoes into half and put them under the grill, and proceed to slice the ham as the tomatoes and eggs continue to cook. Onto a plate, arrange spinach leaves and then sprinkle chopped ham on top. Now position the cooked tomato and egg onto the bed of spinach then serve."Download Recipes: SALADS Easy to Make Diet Recipes Using Greens for Weight Loss and Healthy Living now, and start making new salads every day!Scroll to the top and select the "BUY" button for instant download.You'll be happy you did!

Book Information

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Customer Reviews

I love salads, it is always present on our table either as an appetizer or side dish or even act as my main dish as part of my diet regimen, however I ran out of ideas in creating sumptuous and appetizing salad with the same old repeated recipe that I have. Great thanks to this book everything changed with preparing salad and my expertise has leveled up. I tried preparing Tuna and Quinoa Salad, with its easy to follow recipe and accessible ingredients I created an appetizing salad that is very appetizing and deliciously packed with the nutrients needed to retain our ideal body weight. Salads are also all around food as they can be eaten any time of the day. I absolutely had fun creating new recipes found on this book and at the same time pleased to know that what I am eating is very beneficial to my health.

I was quickly tuned in to the fact that the potential here is much greater. After sampling a few of the recipes, I knew there were some hits. I shared 2 or three with my picky family, and FINALLY, there were vegetables that they would eat!! Even my "I don't eat raw vegetables" life partner enjoyed a couple of the meals. There are recipes here for all palates, which makes healthy eating much easier. Overall, this book is definitely a hit in my home, a welcome addition to the collection of cookbooks I refer to on occasion.

This salad recipe book gives me more creative and brilliant ideas on adding variety and flavor to my usual salad menus. It comprises of vegetables and fruits which are easy-to-prepare, healthy and good for losing weight. Any salad lover will relish these recipes and savor its scrumptious taste. Can't wait to try these salad recipes and enjoy them with my family and friends!

Great salads! I found that not all salads are for everyone, but I'm used to substituting where needed and I've loved most of the recipes I've come across so far. The index was well-done, and I love the diversity. I'm happy to have a good go-to for salad options.

I am a salad lover so I find this book so amazing and great. It gives me ideas how to prepare the most delicious salads. I love eating salad on breakfast and snack time. But if these delicious are being prepared for me, it's not a problem if I will eat salad all day from breakfast to dinner until midnight snacks. The nutrients that salad can give to our body are just so many, especially if there are a lot of fruits and vegetables included. These are the Salad recipes I will surely prepare at home: Chicken-Garbanzon Salad, Baked Chicken Salad, Grilled Chopped Steak Salad, Honey Mustard Chicken Salad, Greek Beef Salad and many more.

I will be surprising my girl on our month's anniversary on the 29th. She loves Salads. In fact, she could survive for a week eating only salads for a week! Honestly, I don't have any idea if I can last a day eating salad alone LOL. Anyways, I would just like to give credits to Joanna Howard. I am not a cook or any food making buddy, but this is something good for people like me. Even though, it is practically a mix and mix procedure, the taste is what's gonna make it special. And this book has given me a proper guideline. I tried several recipes already and have it tasted by my mother. She told me that it is exquisitely good. So thanks! I am now pretty excited for the 29th!

I haven't been a big salad fan, but my wife insists on having them with dinner. There always the same thing, lettuce with cherry tomatoes, green peppers and cheese on top. We have been doing the same salad for years now. So I bought this book in hope that I could provide her with a variety of different recipes of salads. It has worked out amazingly, we have had a different salad everyday now for the last two weeks.

This book is a great help actually. I do enjoy salad, much much more than hamburgers. Problem is, I do not how to prepare them. I don't even know what the different dressings are. I just eat what I can buy. With its comprehensive recipes, I was able to familiarize myself with them. I really love the French dressing. I also enjoy fresh lemon and oil with my tuna salad (This is a variation I was able to invent after I get used to the recipes)

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