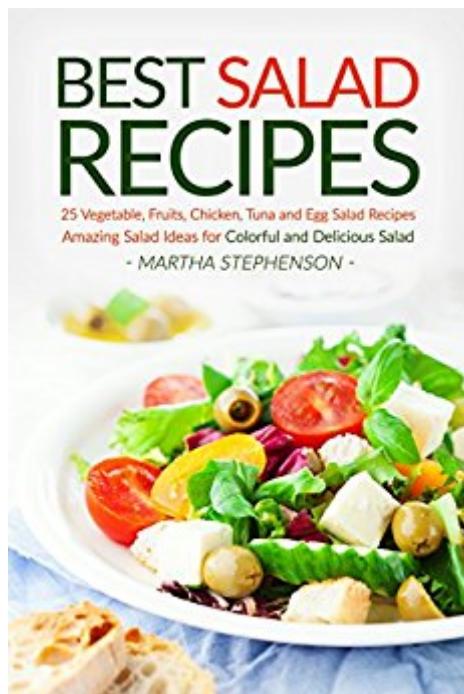


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Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna And Egg Salad Recipes - Amazing Salad Ideas For Colorful And Delicious Salad



Synopsis

Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna and Egg Salad Recipes: Amazing Salad Ideas for Colorful and Delicious Salad

The salad is typically composed of various types of food, such as cheese, vegetables, and fruits, meat, eggs and grains. These food items are put together by adding a few different sauces and dressings. Nowadays, there are various salad options for you at the grocery store, restaurants, grocery stores and supermarkets. These salads enable you to enjoy:-

- Vegetables (green and leafy vegetables, onions, tomato, carrots)-
- Fruits (berries, oranges, apples, grapes)-
- Nuts and seeds (Macadamia nuts, walnuts, sunflower seeds, cashew, almonds)-
- Legumes (peas, beans)-
- Whole Grains (brown rice, oats, barley, wheat)-
- All varieties of fish and seafood-
- Herbs and Spices (garlic, pepper, nutmeg)-
- Natural oils (olive oil, avocado)

Research reveals that having regular meals with the family increases the chances of obesity among the average individual. Mealtime will afford you the opportunity to spend time with your family and catch up with their lives. You should prepare a salad with the help of best salad recipes. This book offers:-

- Vegetable and Green Salads-
- Dessert Salads-
- Chicken Salads-
- Full meal salads

This book has 25 salad ideas including egg salad recipes and chicken salad. You can improve your health with these recipes. Let's Get Cooking! Scroll Back Up and Grab Your Copy Today! Click the Download with 1-Click Button at the top right of the screen or "Read FREE with Kindle Unlimited" now! Then, you can immediately begin reading Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna and Egg Salad Recipes - Amazing Salad Ideas for Colorful and Delicious Salad on your Kindle Device, Computer, Tablet or Smartphone.

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Customer Reviews

Everyone agrees that salads are one of the keys to great health and weight loss but they used to have a reputation for being, well, boring. But not any more. Martha Stephenson's Salad Recipes are simply delicious. There are some seriously great dishes in the collection and getting healthy just took a great step in the right direction because you can now eat the best food for your body and really enjoy the experience. Tons of creativity and imagination in the combinations, great instructions (even for people who don't enjoy food preparation) and a feast of salads that will make mealtimes a real high point of any day.

This cookbook has some pretty yummy salads and great if you're looking for a cookbook for weight loss. There are some, of course, that are not to my taste, but that is the same with any cookbook. You don't always love every single recipe in the book. I liked or loved most of these recipes. I recommend this book to anyone looking for some new and different salad recipes.

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