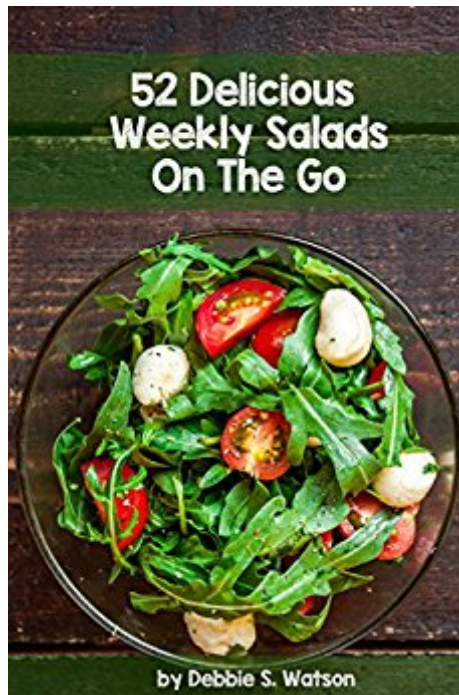




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52 Delicious Weekly Salads On The Go



Synopsis

52 Delicious Weekly Salads On The Go This Guide Will Help You:~ Slim down with portable salads to help you make better food choices~ Learn hassle-free recipes that you can make ahead of time ~ Discover the basics of making salads that you can enjoy anytime and anywhere Here are some of the easy salad recipes that you~ll find in this book:Black Kale Salad Macaroni and Spinach Salad with Balsamic VinaigretteMesclun and Artichoke SaladWhite Bean and Corn SaladBuffalo Chicken Breast SaladRoast Chicken and Ricotta SaladLettuce and Parma Ham SaladFussili Pasta and Chicken SaladRomaine and Ricotta SaladTomato Zucchini and Edamame SaladShrimp and Avocado SaladFrisee Almond and Feta Salad Basic Romaine and Cherry Tomato SaladButter Lettuce In Roasted Tomatillo DressingLow-fat Greek SaladSesame Plum Tomato & Cucumber SaladRomaine Lettuce with Balsamic VinaigretteA Personal Note From the AuthorGoing on a salad diet has helped me change my life. In this book, you~ll discover easy and versatile salad recipes that you can make for your friends & family. Making salads on the go doesn~t have to be difficult or intimidating. You~ll learn how to make and cook delicious salads for breakfast, lunch or dinner. With over 50 recipes, you~ll never need another salad book again.

Book Information

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Customer Reviews

52 Delicious Weekly Salads On The Go by Debbie Watson Starts with guide to picking your ingredients and how to prepare the salad. Next is how to prepare your dressing and techniques of using something that will bind the oil and water so you don't have to prepare this every day. Also how to store the salad and how to make each layer. Next chapter is the recipes. Each recipe has list of ingredients and how to mix but there are no pictures and no nutritional information. Also comes with how to serve and if you can keep the product for several days ahead or if it has to be used right away. We'd probably try the basic romaine and cherry tomato salad but not so sure with feta cheese but everything else would be ok for our lifestyle and dietary needs. There is quite a bit of variety to choose from.

I'm so tired of the same old salad that I make for my lunch, which is why I hardly ever make it. I have no creativity and I can't think of anything new which is why I bought this book. It has some great different recipes I've never seen before that I can throw together that will do me for a few lunches. I particularly like Tuna and White Bean Protein Salad (keeps me awake after lunch!), Asparagus and Almond Salad (yummmmm), Roast Chicken and Ricotta Salad - actually there are too many to name! Now I have heaps to choose from and they are DELICIOUS indeed!

I almost passed this book up and I'm so glad I didn't. Not only are many of these salads delicious, the step-by-step guide in which this author details how to select your ingredients all the way to storing leftover dressing is so good. Yes, definitely a 5 star!

Clear directions, but I wasn't sure how many servings each recipe contained. Nutritional info would have been a big plus. But I got some nice ideas to try.

I'm always on the look out for healthy recipes, so I'm glad I found this book. "52 Delicious Weekly Salads" is jam packed with delicious, creative, and healthy recipes you and your whole family will love. I really like the Black Kale Salad. Thanks!

I spend a lot of time traveling and tend not to eat very well while in my car. I got this book hoping that I could get some ideas for salads that I could take with me during my days traveling. Not all of these salads work for me but many do and for that reason, 5 stars

I love this book. It is a quick handy little reference book on salad recipes. Good collection of healthy and easy to make salads. All the ingredients are easily available in any super market. Also the process is explained in step by step approach, easy to follow.

I loved salads, which is why they are part of my daily meals. This book has delicious salad recipes that are easy to make. It's well-written and easy to follow guide.

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