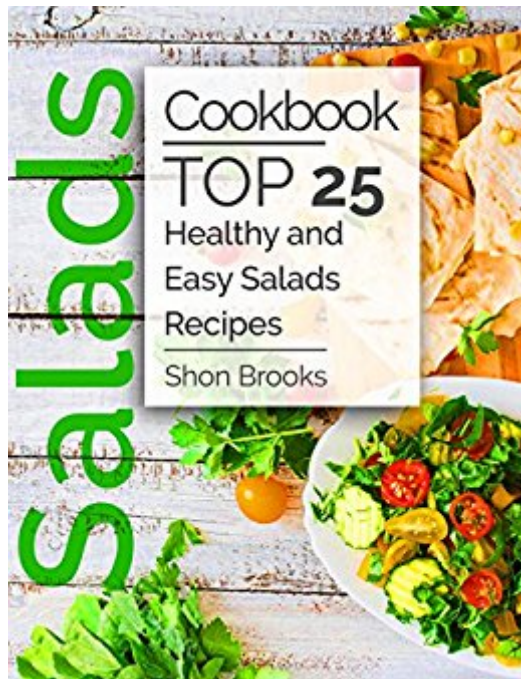




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# Salads Cookbook: Top 25 Healthy And Easy Salads Recipes



## Synopsis

Health experts suggest salads to be one of the most satisfying, simple but truly healthy meals. Adoption of salads as an everyday meal is one of the healthy habits you can take up as it will be helpful in preventing various diseases such as heart diseases and cancer. Fresh fruits and vegetable salads also aid in weight loss. Eating salads are about feeling good, having great energy, boosting your mood, and keeping yourself as healthy as possible. Under the cover you will find 25 healthy recipes for people who are searching for a healthier life. Salad offers several advantages:

- Salads are low in calories.
- Salads provide fiber, vitamins, and minerals.
- Salads help you lose weight in a healthy way.
- Salads decrease the risk of heart disease and cancer.

The cookbook includes the best recipes of fruit salads, bean, lentil and chickpea salads, vegetable salads, chicken salads and meat salads. All recipes contain step by step easy follow directions also all recipes are with their nutritional information.

## Book Information

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## Customer Reviews

haven't been a big salad fan, but my wife insists on having them with dinner. There always the same

thing, lettuce with cherry tomato's, 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.

Excellent array of salads. Great choices and something for everyone's taste. Perfect book for my after gym class nights during the week when I need to create a healthy quick dinner. Best salad book ever!

The book is great. I love it. The recipes are easy to follow.and I love that most of them are made with things I already have

I love the cover and this was the only reason to read this book, and what i found inside is totally over whelming. As i am a great fan of vegetables and salads my friend Hannah loan me this book to read and try the recipes. Now i am here to show my gratitude to the author of this book and also want to purchase this book for my own collection. Recommended to every people to loves Salad.

I bought this cookbook for my mom and tried the recipes for her too. She likes eating it and I am very happy since the ingredients are affordable and helpful for my mom.

I love salads! This book has some really creative salads and they are easy to make

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