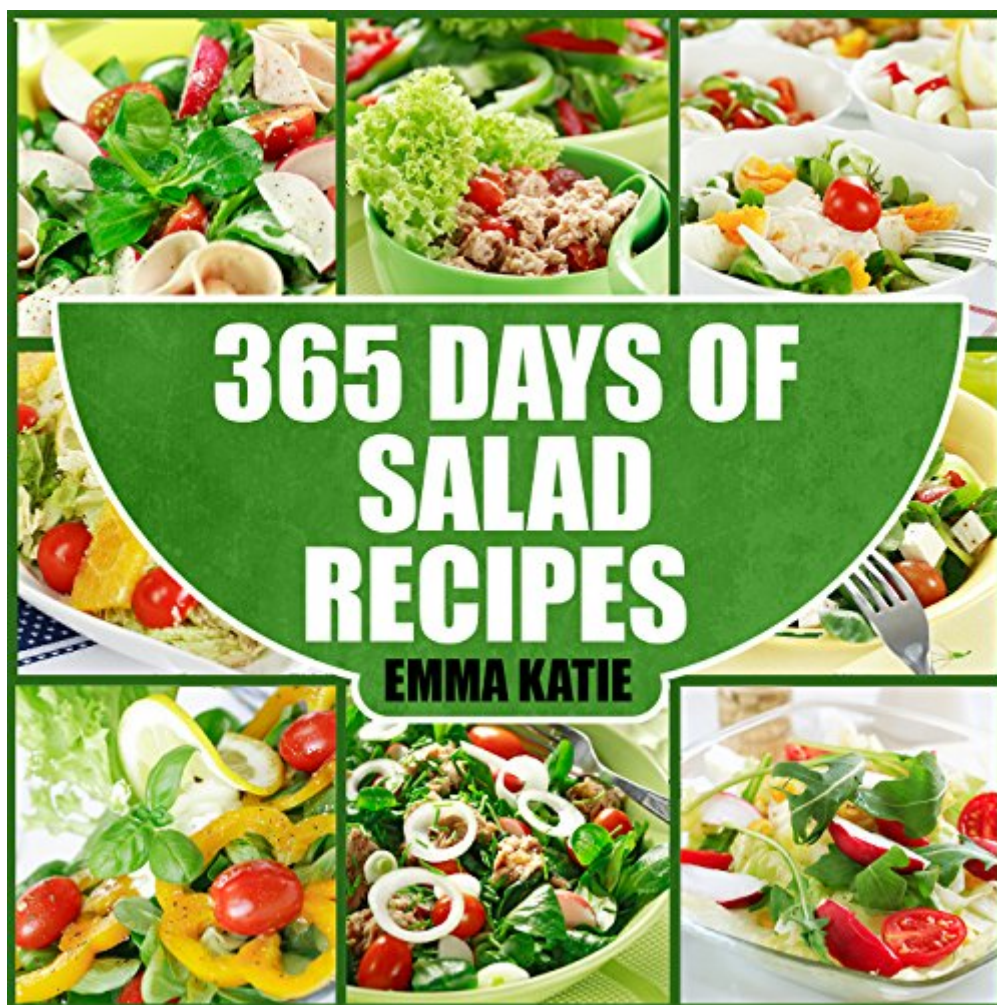


The book was found

Salads: 365 Days Of Salad Recipes (Salads, Salads Recipes, Salads To Go, Salad Cookbook, Salads Recipes Cookbook, Salads For Weight Loss, Salad Dressing Recipes, Salad Dressing, Salad)





Synopsis

Salads 365 Days of Salad Recipes is mainly designed to make each and every cook book lover relish the fine dining vegetarian dishes at home. It is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. In Salad 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Salad offers several advantages:

- Salad can build your hydration level. Most veggies are greater part water, so when you consume them you naturally hydrate your body.
- High fiber salads consumed before a dinner have a tendency to help you devour less of the higher calorie nourishments served subsequently. This fiber completion symptom will help you get thinner.
- Low Calories. If you plan to be more fit and if healthy life is your objective, you may need to begin your meals with a green salad.
- Salads are delicious, and we can mix them in many different combinations. Salad also has many advantages, so the more of them you have, the healthier you will be.

The cookbook includes the best recipes which the writer has tested and even gives you various cooking options through the oven, microwave and stove. In addition to mouthwatering recipes like: Barbecue salad with spice mix, Green mango salad, Green mango salad, Anchovy salad. The book has the best and most efficient steps that a housewife needs to present her magic in the kitchen. Everyone can enjoy the best dishes and perfect taste. Thus prepare the best 365 days of Salad recipes and keep your health sustained. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering Salad recipes. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering salads recipes.

Book Information

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#22 in Kindle Store > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #23

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Vegetables

Customer Reviews

My wife loves salads of all kinds - I don't. We bought this salad recipe book to bring some variety into that area of our meals and, I have to admit, there are some really tasty salads in this book. Of course, there are many traditional salad recipes like waldorf salad, greek salad and pasta salad. There are also some really original ones that I loved like roasted potato salad with curry powder and couscous chicken salad. Aside from the hundreds of recipes, there is also some great nutritional information in here about many of the ingredients. I feel healthier already.

its ok it has a lot of good recipes

Great!!! Some things are pretty basic but hey sometimes that is what you are looking for. Yum yum and for 99 cents! Can't beat it.

great salads you'll like it

Love the idea of using mason jar for salads. Easy quick and good to eat.

I decided to be a vegetarian and this book is a great start to read. There are tons of delicious recipes that I think I would love! This will be my guide for the whole year.

love it

OMG that's a lot of salad recipes! Thanks for the collection - some familiar, many not. Fabulous

eBooks like these are going to persuade me to buy an eReader (right now I just load them onto my PC which is nowhere near my kitchen).

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