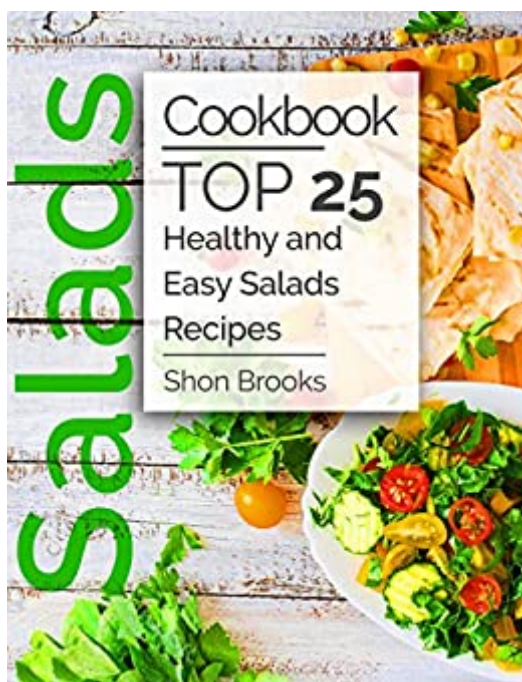


The book was found

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

File Size: 1372 KB

Print Length: 34 pages

Publication Date: August 3, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074KDDLW8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #99,998 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Salads #27 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Cookbooks, Food & Wine #40 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads

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 overwhelming. 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

[Download to continue reading...](#)

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) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar (mason jar meals, mason jar recipes, meals in a jar, mason jar salads, mason jar lunch, salad to go, quick and easy recipes) SALADS: The 500 Best Salad Recipes (salads for weight loss, salad, salad recipes, salads, salad dressings, salad dressing recipes, paleo, low carb, ketogenic, vegan, vegetarian, salad cookbook) Salads Cookbook: Top 25 Healthy and Easy Salads Recipes Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes,

Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Mix and Match Salads: Over 30 Easy and Delicious Salads and Dressings That Will Make You Love Salads Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Instant Pot Recipes: Top Delicious 501 Healthy Instant Pot Recipes for Your HEALTHY FAMILY. (Instant Pot Cookbook, Electric Pressure Cooker Cookbook). CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

