



Amazing Salad Recipes: 35 Salad Meals for Salad Lovers to Try (Fat Burning & Weight Loss)

Kathy Heron

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Salads can also be turned into beautiful plates of healthy and really tasty food. With new and improved recipes, anyone can be a salad lover in no time!

Are you ready to become a salad master? Get ready to discover new and tasty salad recipes to give your meals new dimensions every single time.

When people hear the word or term “salad,” one can bet that their reactions will surely be as varied as the number of stars in the sky. There are those who simply love salad because they are healthier and are friendlier to their diets; there are vegetarians or vegans who have happened to make salads as some of their main meals. Salads are deemed to be bland, dull and oh so “green” by those who have either become tired of their usual salads, and by people who just hate to feel like they are eating hospital or diet food all the time.

Of course, you do not have to have an intense love for salads to make sure that you have hearty servings on a regular basis. If you love yourself and your health that much, or you love to experiment and re-create flavor profiles in the kitchen, then this book is definitely for you. “Amazing Salad Recipes” offers important information that you need to create tasty and healthy salad recipes that could intensify a person’s love for this type of dish and possibly make a salad lover out of someone who has yet to develop a taste for it.

With this book, you will learn:

- Salads are not just for weight loss or having more to serve at the dinner table.
- Healthy food should be delicious and memorable.
- Salads can be versatile.
- How to create amazing salad recipes without using hard to find ingredients and complicated sauces.

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