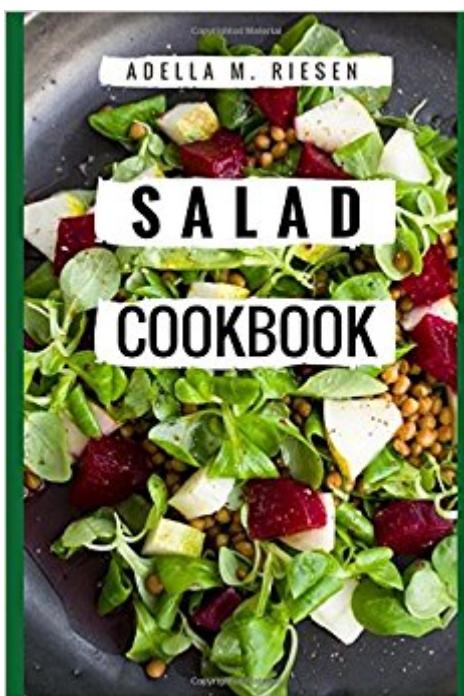


The book was found

# Salad Cookbook: Healthy And Delicious Salad Recipes For Helping You Burn Fat And Lose Weight!



## Synopsis

These fantastic recipes are from my families(my mom, my sisiters and myself). I'd like to share them with you now. Making a salad can be very easy, and great for your health. Unfortunately any people avoid salads because they think salads are boring and tasteless. This cookbook provides a variety of salads that are packed with delicious flavors and tastes. The recipes in this cookbook were handpicked because of their healthy ingredients, and because they taste great. If you are looking for a healthy cookbook that will help you lose weight and get in shape, then you will love this salad cookbook.

## Book Information

Paperback: 42 pages

Publisher: Independently published (August 5, 2017)

Language: English

ISBN-10: 1522029672

ISBN-13: 978-1522029670

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #164,304 in Books (See Top 100 in Books) #47 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #578 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I am a great fan of salad and i am loving this book, actually, this book gives me a new hope to continue my love to vegetables. The recipes provided in this book is very healthy and elegant at the same time no compromise to the taste. I have tasted some them and i am loving it. This book ends the era of tasteless salad at home. Definitely worth a recommendation.

I am loving this cookbook! I'm looking actually for recipes of vegetarian salads one can make quickly and in quantity for when you suddenly have to feed many unexpected guests until I found this book. Most of the recipes here are easily scale up and are beautiful, flavourful and truly healthy. Can't wait to try all of the recipes! This is incredible!

A great selection of salad cook book. The recipe indeed astound with good taste and well converse

of text was placed to clearly understood the instructions.

I and my girl friend loves to cook so I decided to give this cookbook to her. We tried some recipes here, delicious and amazing. Highly recommended!

My mom loves to eat salad. This book is awesome. The cookbook is awesome, I tried the recipes here and the ingredients here are affordable. Highly recommended!

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

Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 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) Salad Cookbook: Healthy And Delicious Salad Recipes For Helping You Burn Fat And Lose Weight! 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) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) 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) Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat and Lose Weight Fast Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean

and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Salad Dressing Recipes: Top 50 Most Delicious Homemade Salad Dressings: [A Salad Dressing Cookbook] 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, ) Superfood Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Cleanse and Detox Book 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)