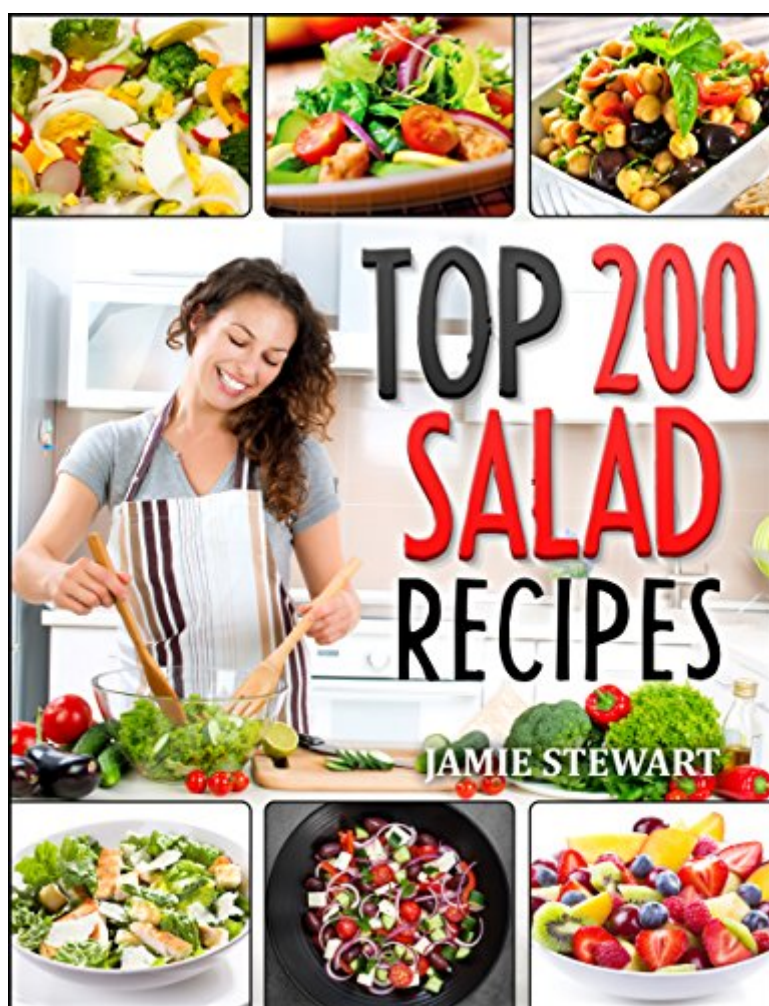


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# Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads To Go, Salad Cookbook, Salads Recipes Cookbook, Salads For Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad)





## Synopsis

The Best Salad Recipes! Great Variety of Salads Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Do You Want to Eat Healthier? If you tend to eat better and healthier, the salads are the perfect meals in every aspect. In many situations, you can prepare a delicious salad with ingredients you already have in the fridge. Think about that, you almost always have some fresh or frozen vegetables and fruits in your kitchen. Then, you probably have the eggs, some fragrant herbs, cheese and some nuts and dried fruits. And that is it, the magic can begin! You need to know â “ there are many different ways to combine the same ingredients. This cookbook will teach you how to use the food in the best possible way. Sometimes, a few drops of the salad dressings can make a big difference. Or just a dash of the certain seasoning can turn usually daily meal in an exotic fabulous dish!

## Book Information

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## Customer Reviews

It is always a pleasure finding something that has a positive impact on your life while also being enjoyable. I purchased this recipe book recently due to a desire to eat healthier. I ran out of ideas

pretty quick and thought this would be a great addition to my current culinary arsenal. Now that I've used it over the past week I've found it to be much more than that. This isn't just some collection of simple lunch recipes, oh no, this book is a densely populated guide for eating well that covers all meal from breakfast salads and the main course all the way to appetizer and dessert salads as well. Now that I've been using the recipes, the tasty dishes that I never knew to consider have definitely fulfilled my palate while helping me trim up and become healthier. Who know that breakfast salads would taste so refreshing, awakening my senses as I go through my early morning routine. Also, the mango raspberry snack salad was so delicious that I've already eaten it three times this week. I'm so glad that I picked up this recipe book because I've no doubt that it will keep on the path to a slimmer and healthier lifestyle while also providing me dishes that I've found absolutely delicious. You can't ask for better than that.

I have to admit that salad is not at the top of my list of dishes I want served to me for a meal. My better half feels differently, however, and life is all about compromise. What I didn't know, and do now after experiencing many of these recipes, is that there are some awesome salad recipes out there that are knock-your-socks-off delicious. This salad recipe book has given me a new appreciation for salads and we have been making many of these for lunch and dinner daily. They are simple to make, filling and so delicious. Love the pdf with photos at the end as well. Great book.

I am obsessed with salad though I am beginning to run out of new ideas. I have a board on Pinterest entirely dedicated to salads and I've tried eating them in a variety of ways, the most recent was the mason jar method. This cookbook has breathed life into my salad fetish once again! The cover of this book is what first captured my attention, I also loved that you could download the pictures of the recipes separately if you wanted to. I found the process to be easy. I was actually quite surprised to see "breakfast" and "dessert" salads on the menu, and I am really excited to try them out. This was a great book, it was well written and well formatted. I will definitely read more by this author.

I've been told I'm not the healthiest eater, and I have to admit that its true. I've never really touched salads until my close friend ordered me to get on it. So I bought this book and tried out the recipes. They were insanely good! The good health info in the beginning before the recipes was a good primer to get my head in the right place to understanding just how good salads are for me. My favorite recipes would have to be teh avocado stuffed with tuna salad (I'm drooling just typing about

it!) This book has completely changed my diet. Totally loved it!

There are some definitely interesting ideas in Stewart's Top 200 Salad Recipes Cookbook that I never would have thought of. He continues to inspire healthy cooking, this time with a focus on salads. All the recipes are easy to prepare, although some ingredients may be harder to find than others. Overall, I'm glad to have yet another cookbook to reference as I continue to prepare and cook healthier meals for myself and others.

Usually salad has been a swear word in our home, but recently we've been trying to cut out fast food and fried food and deep fried food and pizza and ice cream and frozen dinners and so on, and so salad entered our diet and vernacular. So of course the first dish we made from this cookbook was spinach and poached eggs with bacon, it was actually awesome and very light. And now we are moving through it, trying at least one salad a day and we both notice feeling better and not missing any meals. We love Stewart's Kindle books, cheap and easy recipes that we can handle. This one is definitely worth downloading.

I 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.

Once again Jamie Stewart has delivered an exceptional cookbook. Just as the title promises, her Top 200 Salad Recipes Cookbook is jam-packed with recipes. Included are recipes for breakfast, lunch, dinner and desserts. There are many combination I would never have thought of trying before. I absolutely loved the Rum Fruit Salad. It's a great spin on regular fruit salad. I can't wait to try many more.

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