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Salad of the Week: 28 Perfectly Delicious Savory Salads for Healthy Eating and Weight Loss: (With Pictures, Clean Eating, Salads, Clean Eating Meal Plan, Salads Recipes, Salads to Go, Salad)

By Nadene Rudolph

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Salad of the Week: 28 Perfectly Delicious Savory Salads for Healthy Eating and Weight Loss Are you tired of eating the same old salad every day for lunch or dinner in order to lose weight? Did you stop your weight loss program because you were just tired of not eating enough to feel full or not eating meals that excited you? Then you might want to take a look at this book! You ll find twenty-eight salad recipes that will keep you excited about mealtime and help you lose those unwanted pounds! Every salad in this book is close to or below four hundred calories per serving, so you can enjoy as much salad as you want without feeling guilty. Many people go through their weight loss routine in a sluggish state because they can t seem to find foods that make them feel full enough to continue with their day. These salads are packed full of high-nutrient ingredients and fiber that will make your body sing rather than scream! In this book, you ll find the following...



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