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Superfood Salads: Delicious Vegetarian Superfood Salad Recipes For Healthy Living And Easy Weight Loss (Free Bonus Gift: Easy Vegan Weight Loss Smoothies) (Health And Fitness Books Book 2)





Synopsis

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! 15 Minute Superfood Salad Recipes that will drastically improve your health AND your weight! Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing superfood salads instead? The healthiest foods on the planet are already in our kitchen or backyard and are surprisingly affordable and encouragingly easy to find. In fact, most superfoods are familiar to everyone: nuts and seeds, legumes, dark green vegetables, fruit and vegetables with bright, intense colors such as beet, eggplants, red peppers and tomatoes. They all have amazing healing qualities and are packed with essential vitamins, minerals, and antioxidants. Superfoods are also super easy to cook and there are literally countless ways to include superfood vegetables, grains and legumes in our everyday menu. From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a delicious new collection of superfood recipes that will naturally boost your metabolism and help you lose weight without starving. *Superfood Salads: Delicious Vegetarian Superfood Salad Recipes for Healthy Living and Easy Weight Loss* is an invaluable and delicious resource of mouthwatering superfood salads that will make you feel as good as they taste and are so quick and easy that they can be on your table in 15 minutes or less. If you're looking for an easy and natural way to lose weight and stay healthy, this cookbook is for you. ***FREE BONUS GIFT At The End Of The Book - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!***

Book Information

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Customer Reviews

Creative and simple saladsI personally love salads and have been pretty inventive experimenting with my own recipes. This book is perfect if you are looking for variety in your diet, looking to eat more raw foods or just looking for a healthier lifestyle.I have tried a few of the avocado salads and they are really good. I also made the green bean salad which is a healthier version than the one I am used to. If you like salads this book is a real keeper.

This cook book has some pretty yummy salads and great if you're looking for a cookbook for weight loss. There are some, of course, that are not to my taste, but that is the same with any cookbook. You don't always love every single recipe in the book. I liked or loved most of these recipes. I recommend this book to anyone looking for some new and different salad recipes.

This is just what I was looking for. There are great and different recipes but using ingredients that are readily available. Healthy and yummy.

Super vegetarian salads for every occasion. Thanks, all ingredients readily available. Low cost and healthy, nutritious salads as a producy

Great ideas for the holiday as well as everyday

aa lot of different recipes in here, love it

I liked the simple, straight forward information: fresh ingredients, dressing, prep. I will definitely go to this on my Kindle as the seasonal fruit & vegetables become available.

Extremely helpful!

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