

The book was found

Salad Of The Week: 52 Amazing Salad Recipes For Weight Loss And Healthy Eating "The Delicious Way" (Salads, Salads Recipes, Salads To Go, Salad Cookbook, ... Cookbooks Collection Book 1)





Synopsis

Forget about 'boring salads' forever: Discover How To Make Healthy And Amazingly Delicious Salads For Weight Loss Using Only Easy-To-Find Ingredients From Your Local Supermarketâ |Geraldine Ahearn, TOP 500 REVIEWER, VINE VOICE:"Lisa Brown delivers a remarkable book filled with delicious salad recipes, helpful tips, interesting facts, and much more. The author includes 52 mouth-watering salad recipes, recommended reading, 15 free books for your kindle, and good advice on living a healthy lifestyle. Lisa Brown shows the reader an easy way to healthy eating and weight loss. This book is a golden gem, and a fantastic bargain. I'll be sharing these recipes with family and friends, throughout the year. Highly recommended!"Dear Friend,If youâ™ll decide to invest in this manual then this probably going to turn out to be the most delicious and healthiest move you've ever made in the field of buying cookbooks. Here is why:My name is Lisa Brown. Iâ™m working mom of two. Our family lives with precious dog named Archie and a œugly mortgageâ • in sunny California.I donâ™t know for sure but it seems to me that I may have tried and collected more really delicious and healthy salad recipes than anyone else that I know. Maybe, Iâ™m exaggerating a little, but here are some proofs:Â The Simple Old-Fashioned Greek Salad Has Made Our Guests From Greece Almost Cry With Joy!And youâ™ll learn the real secret to this salad from recipe #1.The easy-to-prepare salad recipe #2 will show you the delicious way how you too can easily add to your health and receive all the benefits ofâ |Â One Of The World's Most Healing Superfoods! The next 50 recipes from this book should remove almost every single roadblock that has ever stopped you from making healthy and more importantly delicious salads.This is sure to become your go-to resource time and time again!WARNING: This Is NOT A Common Salad Recipes Book You May Have SeenThis is not just basically ice burg lettuce with different dressings and veggies thrown on topâ | In this vegetarian/vegan cookbook all the salads are really different from each other.Also, you'll find plenty of useful tips, tricks, and interesting factsâ | Here Are Some More Important Reasons Why You Might Want To Get This Book:You'll discover how to make regular salad ingredients taste far, far better, by preparing them in a special wayâ | The unexpected way revealed in the first section will enable you to earn a bunch of money trying these recipes for yourself! This cookbook will prove useful for just about everyone, including vegetarians and vegans.Granted it is NOT strictly vegetarian but most of the salad recipes are vegetarian or vegan and with simple adaptions they can all be.You'll find out the easy way how to workout without working out! Itâ™s obvious, but almost always overlookedâ |Discover the simple weight loss trick that helped my friend lose 35 pounds in just 3 months, almost effortlessly!No diet. No hunger. No workout. No nothing! Itâ™s SO easy you wouldn't believe it! But, I saw it with my

own eyesâ |Come closer: Recipes from this cookbook have already generated hundreds of compliments from friends and family for me, my friends and that very select group of people who subscribe to my newsletter. And you can now receive all these incredible recipes and other info for practically nothing. Think about it: Itâ ™s less than eight cents (\$0.07) per recipe! Â Â Examine This Cookbook For A Full 7 DaysÂ Â Â Â Â 100% Risk FREE!Thatâ ™s rightâ | If you are not 110% satisfied, you have seven days to go to â œManage Your Kindleâ • page and ask for a complete Refund. And, itâ ™s easy to order. Just click the Buy Button NOW!Sincerely,Lisa Brown.

Book Information

File Size: 1012 KB

Print Length: 122 pages

Publisher: Cookbook Of The Week Publishing; 1.7 edition (July 5, 2014)

Publication Date: July 5, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00EIN3QSI

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #265,270 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Salads #82 inÂ Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #92 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy

Customer Reviews

To use the word 'amazing' in the title is just plain deceptive. There is nothing in this book that would make it a weightloss book. The recipes are unappealing. This book should actually be called "The Feta and Mayonnaise Cookbook for People Who Like to Eat Tons of Processed Food and Don't Care About Health or Weightloss."This book claims to be filled with healthy recipes for weightloss that are 'amazing'. What you will find are recipes with very small amounts of fresh vegetable. Some recipes have almost nothing fresh with many recipes made with tinned food paired with mayonnaise or olive oil and salt. There are very few green leafy vegetables.There is a ridiculous amount of

mayonnaise, sugar and dairy products way above what you would expect for a 'healthy' book. There are no photos. The layout is abominable. The writing is infantile. I wouldn't be surprised if most of these recipes have been copied from the internet. They most certainly have not been tested. How else would you knowingly publish instructions such as "Melt peas" or "Grate one tomato". Someone who writes a recipe book should know that boiling diced zucchini for a few minutes would turn it into mush. Here are some examples from the recipes themselves:> Some recipes have several tablespoons of sugar in them.> For example: Grape salad has 3 pounds of grapes and one pound of sour cream/cream cheese and 1.5 cups of sugar. Yep, sugar. Did you say this is a healthy weightloss book?> One fruit salad has a cup of marshmallows in it. Another recipe has 10 tablespoons of jam. Yes, jam.> One recipe has 1 tin of tuna, 1 cup of tinned artichoke, 1/3 cup mayonnaise and some olives.

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

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) Salad Of The Week: 52 Amazing Salad Recipes For Weight Loss And Healthy Eating "The Delicious Way" (Salads, Salads Recipes, Salads To Go, Salad Cookbook, ... Cookbooks Collection Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book 132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna and Egg Salad Recipes - Amazing Salad Ideas for Colorful and Delicious Salad Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) 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) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Recipes: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Recipes, Healthy Cooking, Recipe Books, Diets, Cooking, Cookbooks, Diet Cookbooks,) 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)

[Dmca](#)