



**Salad of the Week: 28 Perfectly Delicious Savory  
Salads for Healthy Eating and Weight Loss:  
(WITH PICTURES, Clean Eating, Salads, Clean  
Eating Meal Plan, ... Go, Salad ) (Everyday Salads  
For Beginners)**

*Nadene Rudolph*

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## **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 recipes:**

- Chinese Chicken Salad
- Spring Chicken & Blue Cheese Salad
- Curried Chicken Salad
- A Skinny Caesar

- Grilled Chicken Salad with Avocado and Mango
- Orange Chicken Salad with Feta
- Peanut Butter Salad
- Nutty Apple Salad
- Southwestern Corn & Black Bean Salad
- Couscous and Vegetable Salad
- Egg and Asparagus Salad
- Smoked Turkey, Black Bean and Edamame Salad
- Grilled Chopped Steakhouse Salad
- Grilled Pork Tenderloin & Apricot Salad
- Seared Steak Salad with Edamame & Cilantro
- Tuna Nicoise
- Tuscan-Style Tuna Salad
- Shrimp Caesar
- Curried Scallop-Apple Salad
- Fiesta Bowl Salad
- Pesto Pizza Salad
- Curried Quinoa Salad
- Greek Salad
- Fresh Corn, Tomato, and Red Onion Salad
- Asian Tofu Salad
- Romaine Salad with Orange, Feta & Beans
- Quinoa & Smoked Tofu Salad
- Tropical Toss Salad

So go ahead! Scroll up and grab a copy of this book today!

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