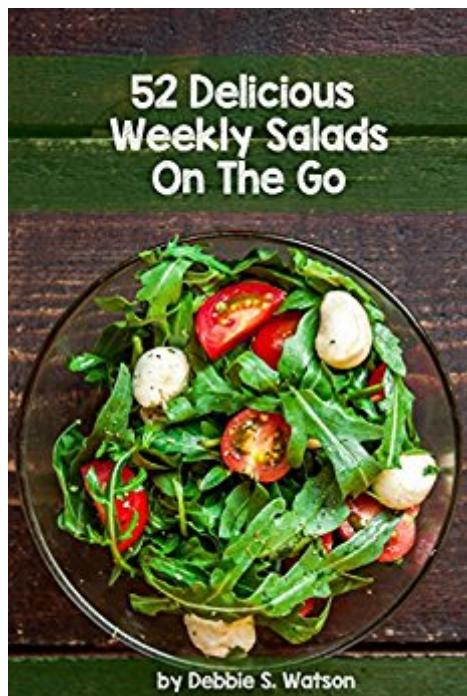


The book was found

# 52 Delicious Weekly Salads On The Go



## Synopsis

52 Delicious Weekly Salads On The Go This Guide Will Help You: Slim down with portable salads to help you make better food choices Learn hassle-free recipes that you can make ahead of time Discover the basics of making salads that you can enjoy anytime and anywhere Here are some of the easy salad recipes that you'll find in this book:Black Kale Salad Macaroni and Spinach Salad with Balsamic VinaigretteMesclun and Artichoke SaladWhite Bean and Corn SaladBuffalo Chicken Breast SaladRoast Chicken and Ricotta SaladLettuce and Parma Ham SaladFussili Pasta and Chicken SaladRomaine and Ricotta SaladTomato Zucchini and Edamame SaladShrimp and Avocado SaladFrisee Almond and Feta Salad Basic Romaine and Cherry Tomato SaladButter Lettuce In Roasted Tomatillo DressingLow-fat Greek SaladSesame Plum Tomato & Cucumber SaladRomaine Lettuce with Balsamic VinaigretteA Personal Note From the AuthorGoing on a salad diet has helped me change my life. In this book, you'll discover easy and versatile salad recipes that you can make for your friends & family. Making salads on the go doesn't have to be difficult or intimidating. You'll learn how to make and cook delicious salads for breakfast, lunch or dinner. With over 50 recipes, you'll never need another salad book again.

## Book Information

File Size: 1575 KB

Print Length: 123 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 31, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00N7LWQ0G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #201,130 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Salads

#86 inÃ ª Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads #403

inÃ ª Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

52 Delicious Weekly Salads On The Go by Debbie Watson Starts with guide to picking your ingredients and how to prepare the salad. Next is how to prepare your dressing and techniques of using something that will bind the oil and water so you don't have to prepare this every day. Also how to store the salad and how to make each layer. Next chapter is the recipes. Each recipe has list of ingredients and how to mix but there are no pictures and no nutritional information. Also comes with how to serve and if you can keep the product for several days ahead or if it has to be used right away. We'd probably try the basic romaine and cherry tomato salad but not so sure with feta cheese but everything else would be ok for our lifestyle and dietary needs. There is quite a bit of variety to choose from.

I'm so tired of the same old salad that I make for my lunch, which is why I hardly ever make it. I have no creativity and I can't think of anything new which is why I bought this book. It has some great different recipes I've never seen before that I can throw together that will do me for a few lunches. I particularly like Tuna and White Bean Protein Salad (keeps me awake after lunch!), Asparagus and Almond Salad (yumm), Roast Chicken and Ricotta Salad - actually there are too many to name! Now I have heaps to chose from and they are DELICIOUS indeed!

I almost passed this book up and I'm so glad I didn't. Not only are many of these salads delicious, the step-by-step guide in which this author details how to select your ingredients all the way to storing leftover dressing is so good. Yes, definitely a 5 star!

Clear directions, but I wasn't sure how many servings each recipe contained. Nutritional info would have been a big plus. But I got some nice ideas to try.

I'm always on the look out for healthy recipes, so I'm glad I found this book. "52 Delicious Weekly Salads" is jam packed with delicious, creative, and healthy recipes you and your whole family will love. I really like the Black Kale Salad Thanks!

I spend a lot of time traveling and tend not to eat very well while in my car. I got this book hoping that I could get some ideas for salads that I could take with me during my days traveling. Not all of these salads work for me but many do and for that reason, 5 stars

I love this book. It is a quick handy little reference book on salad recipes. Good collection of healthy and easy to make salads. All the ingredients are easily available in any super market. Also the process is explained in step by step approach, easy to follow.

I loved salads, which is why they are part of my daily meals. This book has delicious salad recipes that are easy to make. It's well-written and easy to follow guide.

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

Salads: 365 Days of Salad Recipes (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Salad) Mix and Match Salads: Over 30 Easy and Delicious Salads and Dressings That Will Make You Love Salads SALADS: The 500 Best Salad Recipes (salads for weight loss, salad, salad recipes, salads, salad dressings, salad dressing recipes, paleo, low carb, ketogenic, vegan, vegetarian, salad cookbook) Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar (mason jar meals, mason jar recipes, meals in a jar, mason jar salads, mason jar lunch, salad to go, quick and easy recipes) Kristen Suzanne's EASY Raw Vegan Salads & Dressings: Fun & Easy Raw Food Recipes for Making the World's Most Delicious & Healthy Salads for Yourself, Your Family & Entertaining My Weekly Planner - (Black Marble) Daily Planner / Appointment Book: (6x9) To Do Notebook, Weekly To-Do Lists, Weekly and Daily Planner, Durable Matte Cover 52 Delicious Weekly Salads On The Go Salads Cookbook: Top 25 Healthy and Easy Salads Recipes Salads: Over 60 satisfying salads for lunch and dinner (Ready-To-Cook) Salads That Inspire: A Cookbook of Creative Salads 2018 Weekly Planner: Blue Flower Weekly & Monthly Schedule Diary At A Glance | Get Things Done At School, College, Home, Work | Planner Calendar | ... | Soft Back Cover (Organization) (Volume 11) Weekly Planner 2018: Productivity Daily Weekly, Monthly Schedule Diary, At A Glance Calendar Schedule Organizer Planner With Inspirational Quotes, Get ... Girls Gift Large 8.5x11, Paperback (Volume 2) Weekly Planner 2018: Weekly & Monthly Schedule Diary At A Glance | Get Things Done At School, College, Home, Work | Planner Calendar | Quotes, Notes ... Soft Back Cover (Organization) (Volume 8) 2017-2018 Weekly Planner: August 2017 To July 2018 - Academic Planner Weekly And Monthly: 2017-2018 Planner (Volume 5) Salads and Dressings: Over 100 Delicious Dishes, Jars, Bowls, and Sides Around the World in 120 Salads:

Fresh Healthy Delicious Simply Salads: More than 100 Delicious Creative Recipes Made from Prepackaged Greens and a Few Easy-to-Find Ingredients Salads in a Jar: 30 Delicious & Healthy Salad Recipes You Can Make with a Mason Jar or Container & Eat on the Go Wherever You Are (Essential Kitchen Series Book 24) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)