

The book was found

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

File Size: 1660 KB

Print Length: 77 pages

Publisher: Weight Loss Cookbooks and Books Download with Kindle Unlimited (September 24, 2014)

Publication Date: September 24, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NWOJ8V8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #217,178 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #51

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #105 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #194 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

Customer Reviews

Creative and simple salads! 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 product

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!

[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) 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) 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) 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) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) 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,) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna and Egg Salad Recipes - Amazing Salad Ideas for Colorful and Delicious Salad Vegan: The Essential Asian Cookbook for Vegans: (+ FREE BONUS BOOK!) (vegan, vegan diet, vegetarian, gluten free, superfood 3) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(

Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Superfood Paleo Smoothies: 101 Delicious Vegan, Gluten-Free, Fat Burning Smoothie Recipes for Vibrant Health and Easy Weight Loss (Gluten Free Cookbook Collection 3) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes)

[Dmca](#)