



Low Carb Salads: Delicious Low Carb Salad, Dressing, and Dip Recipes for Extreme Weight Loss (Paperback)

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Salad recipes have long thought to be the imagination of faux yoga gurus and health experts trying to palm off mystic methods of eating clean and healthy. However, through research and experience, a lot of people have now come to understand that this is not the hoo-hah mumbo jumbo it was previously thought to be, and that salads can be a nutritious meal in themselves. Protein rich salads often contain lean cuts of meat and seafood, rich in amino acids and omega 3 fatty acids, all of which are quite essential for healthy growth and development of the body. Our body also utilize these essential nutrients to heal and grow, allowing the body to recover from illnesses and injuries. Consumption of junk foods has led to people forgetting that we are actually capable of eating healthy and nutritious food, without compromising on taste. SCROLL UP AND CLICK BUY TO ORDER YOUR COPY TODAY.

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