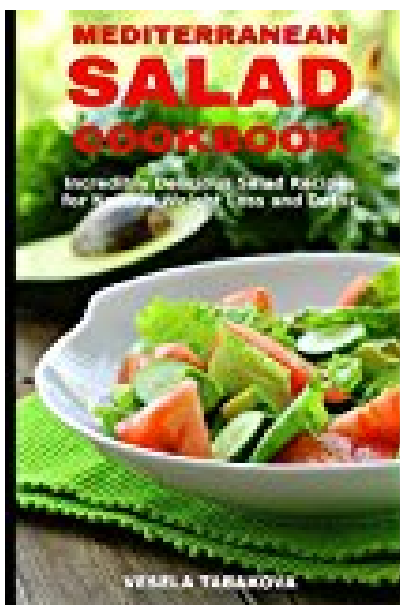


Mediterranean Salad Cookbook

Incredibly Delicious Salad Recipes for Natural Weight Loss and Detox

Mediterranean Diet Cookbook

Healthy Cooking and Eating



BOOK DETAILS

- Author : Vesela Tabakova
- Pages : 67 Pages
- Publisher : Independently published
- Language : English
- ISBN : 1520444990

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BOOK SYNOPSIS

A Cookbook of Creative Salads! Making one simple change to your diet like eating a salad every day can pay off with plenty of health benefits and will almost certainly prevent you from overeating. It is also the easiest way to add more fiber, antioxidants and good fats to your diet. Salads can be found in every traditional cuisine in the Mediterranean region and can be prepared at home in 5-10 minutes, either with a bag of premixed salad greens or with just a few tomatoes, cucumbers, peppers or avocados. Add some superfood herbs, beans, grains or a cup of lean meat and you have everything for a healthy yet satisfying meal. From the author of several best-selling cookbooks, Vesela Tabakova, comes a great new collection of delicious, easy to make family recipes. This time she offers us 50+ comforting and enjoyable salads full of your favorite vegetables, meats and legumes, that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. Mediterranean Salad Cookbook: Incredibly Delicious Salad Recipes for Natural Weight Loss and Detox is an invaluable and delicious collection of healthy salad recipes that will please everyone at the table and become all time favorites. If you're looking for easy delicious everyday recipes to help satisfy your family and your budget, this cookbook is for you.

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