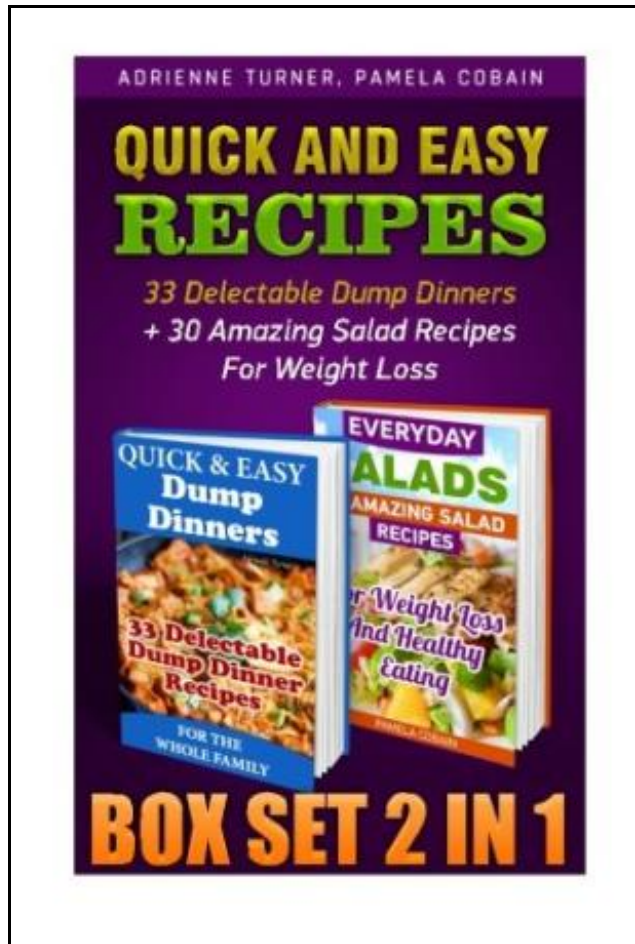


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Quick and Easy Recipes BOX SET 2 IN 1: 33 Delectable Dump Dinners + 30 Amazing Salad Recipes For Weight Loss BOOK #1: Everyday Salads: 30 Amazing Salad Recipes for Weight Loss and Healthy Eating! In this book you will find a wide selection of absolutely delicious salad recipes, that are not only going to be a hit with friends and loved ones, but they will help you lose those few extra pounds you have put on over the winter months. If for example you are planning a summer barbeque and you want to serve a salad that will have everyone asking for seconds, you have 30 great salad recipes in this book to choose from. I am sure your guests will be asking for your salad recipe. With these recipes you can put together a healthy meal in just minutes! You have a wide variety of salads in this collection of salad recipes-you can eat a different salad for a whole month straight if you wanted to! So you will certainly not be bored with all the different flavors you will get to try. The main thing to remember that by adding salads to your regular daily diet you are going to be reducing your chances of developing serious health issues such as heart disease and diabetes. Even if you are someone who already suffers from diabetes these recipes will help you to keep your sugar levels down. You can use a sugar substitute in any recipes that may require sugar. Why You Should Download this Book. If you are truly serious about eating more healthy meals-you will be heading in the right direction if you download...

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