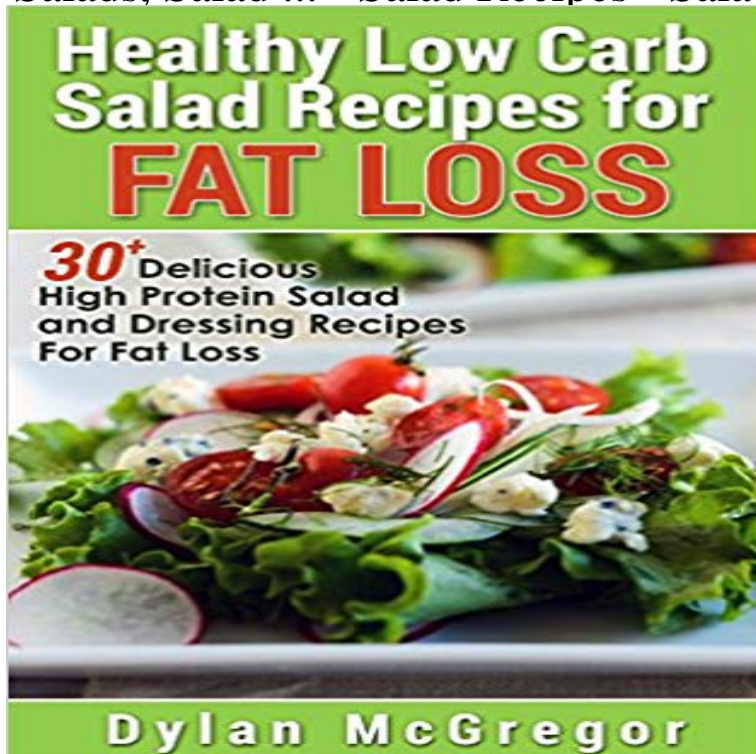


30 Healthy Low Carb Salad Recipes for Fat Loss: 30+ Delicious High Protein Salad and Dressing Recipes for Fat Loss, Salad Recipes, Healthy Salads, Salad ... - Salad Recipes - Salad Dressing Recipes)



Tired of the boring old ceasar salad? Do you want to change things up and add some variety to your diet? This is the book for you! If you feel tired, heavy, sleepily after you're meal than you must ask yourself what am I doing wrong with my eating habits? Can I be satiated if I only eat salad for lunch? If you're still not sure about that than this is definitely the right book for you. Here you will not just find recipes for salads, you will learn what ingredients should be eaten so they can improve your mood, how to alleviate symptoms of stress only with eating some of offered salads. Also here you can find some interesting historical facts about some of the salads. This book will give you many healthy tips for yummy salads. Here you will find special chosen recipes with a low content of bad carbs and with high level of dietary fiber and proteins which will help you not just look healthier but also feel happier. Did you now that for example, parsley assists in treatment of many diseases because it is rich with many vitamins and minerals? Among other things, it speeds up blood circulation; helps drain water and many harmful substances from the body, which means that it is suitable for any kind of detoxification. Parsley should be used as addition to food at the end of cooking, in salads, or even as a tea. Tea made from parsley prevents absorption of too much salt in the body therefore it helps in the protection of kidneys and in this way helps in detoxification of your body. For slimming and detoxification of the body, parsley juice is an excellent choice. Mix it with carrots and celery and put in juicer. Drink this beverage once a day. You will get many more juicy content if you read this book to the end.

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