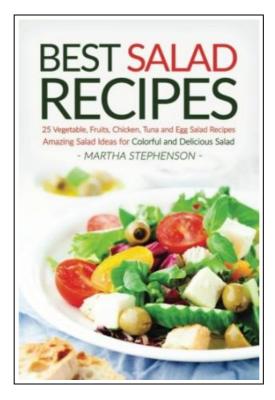
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Print on Demand ******.Best Salad Recipes: 25 Vegetable, Fruits, Chicken, Tuna and Egg Salad Recipes: Amazing Salad Ideas for Colorful and Delicious Salad The salad is typically composed of various types of food, such as cheese, vegetables, and fruits, meat, eggs and grains. These food items are put together by adding a few different sauces and dressings. Nowadays, there are various salad options for you at the grocery store, restaurants, grocery stores and supermarkets. These salads enable you to enjoy: - Vegetables (green and leafy vegetables, onions, tomato, carrots) - Fruits (berries, oranges, apples, grapes) - Nuts and seeds (Macadamia nuts, walnuts, sunflower seeds, cashew, almonds) - Legumes (peas, beans) - Whole Grains (brown rice, oats, barley, wheat) - All varieties of fish and seafood - Herbs and Spices (garlic, pepper, nutmeg) - Natural oils (olive oil, avocado) Research reveals that having regular meals with the family increases the chances of obesity among the average individual. Mealtime will afford you the opportunity to spend time with your family and catch up with their lives. You should prepare a salad with the help of best salad recipes. This book offers: - Vegetable and Green Salads - Dessert Salads - Chicken Salads - Full meal salads This book has 25 salad ideas including egg salad recipes and chicken salad. You can improve your health with these recipes.

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