



# **Everyday Salads BOX SET 2 IN 1: Clean Eating: 58 Perfectly Delicious Savory Salads for Healthy Eating and Weight Loss: (WITH PICTURES, Clean Eating, Salads, ... (Everyday Salads For Beginners Book 3)**

*Tracy Avery, Nadene Rudolph*

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### **BOOK #1:Clean Eating: Everyday Salads: 30 Delicious Salad Recipes To Lose Weight And Improve Your Health!**

You have tried all the diets, half-starved yourself, maybe even resorted to diet pills or other unhealthy ways to lose weight, and still no luck! Well, there is great news for you. All you have to do is turn to Mama. Mother Earth that is!

Clean eating is all about eating whole, natural foods. These foods are not only nutritious and delicious, but they will help you drop that stubborn body fat once and for all. The best part is that you will feel vibrant and full from eating so many mouthwatering meals and snacks.

The “Clean Eating: Everyday Salads: 30 Delicious Salad Recipes to Lose Weight and Improve Your Health!” guide is going to teach you everything you need to know about how to quickly and easily get started with the healthiest choices in eating.

## **BOOK #2:Salad of the Week: 28 Perfectly Delicious Savory Salads for Healthy Eating and Weight Loss**

Are you tired of eating the same old salad every day for lunch or dinner in order to lose weight?

Did you stop your weight loss program because you were just tired of not eating enough to feel full or not eating meals that excited you?

Then you might want to take a look at this book! You'll find twenty-eight salad recipes that will keep you excited about mealtime and help you lose those unwanted pounds! Every salad in this book is close to or below four hundred calories per serving, so you can enjoy as much salad as you want without feeling guilty. Many people go through their weight loss routine in a sluggish state because they can't seem to find foods that make them feel full enough to continue with their day. These salads are packed full of high-nutrient ingredients and fiber that will make your body sing rather than scream!

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