



## Weight Loss Salads: 52 Single Serving Sized Salad Recipes for Getting Ripped (Paperback)

By Darrin Wiggins

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 52 Weight Loss Salad Recipes For Getting Ripped Salads have always been underappreciated for their weight loss enhancing potential. They are looked at as filler or that thing you eat before the real meal. While it is true they work great as a side dish, they can also be used as a full meal that is designed to help you lose weight. Using salads as part of your weight loss diet does not mean they have to be bland. By staying within your calorie limits you can enjoy some dressing on your salad or add crushed nuts or fruit to them without any worries. Give salads a chance and you will see some amazing results. Just Weight Loss For Women? When it comes to salads, there is some stigma that only women are using them for weight loss and that men are supposed to be downing pounds of meat instead. These salads are for men also and when you are rocking ripped arms, no guy is going to question your salad with cranberries and grapefruit. Besides you can add those pounds of meat to your salad and...



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