



**Superfood Salads: Delicious Vegetarian Superfood
Salad Recipes for Healthy Living and Easy Weight
Loss (FREE RECIPES: 20 Superfood Paleo and
Vegan Smoothies ... Vegetarian Cookbook,
Vegetarian Recipes)**

Alissa Noel Grey

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INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING!

15 Minute Superfood Salad Recipes that will drastically improve your health AND your weight!

Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing superfood salads instead?

The healthiest foods on the planet are already in our kitchen or backyard and are surprisingly affordable and encouragingly easy to find. In fact, most superfoods are familiar to everyone: nuts and seeds, legumes, dark green vegetables, fruit and vegetables with bright, intense colors such as beet, eggplants, red peppers and tomatoes. They all have amazing healing qualities and are packed with essential vitamins, minerals, and antioxidants. Superfoods are also super easy to cook and there are literally countless ways to include superfood vegetables, grains and legumes in our everyday menu.

From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a delicious new collection of superfood recipes that will naturally boost your metabolism and help you lose weight without starving.

Superfood Salads: Delicious Vegetarian Superfood Salad Recipes for Healthy Living and Easy Weight Loss is an invaluable and delicious resource of mouthwatering superfood salads that will make you feel as good as they taste and are so quick and easy that they can be on your table in 15 minutes or less.

If you're looking for an easy and natural way to lose weight and stay healthy, this cookbook is for you.

*****FREE BONUS GIFT At The End Of The Book - 20 Superfood Paleo and Vegan Smoothie Recipes for Vibrant Health and Easy Weight Loss!*****

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