



Weight Loss Salads: 52 Single Serving Sized Salad Recipes For Getting Ripped

Darrin Wiggins

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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 your digestive system will thank you for it.

Everyone can benefit from eating extra vegetables and the days of plain raw broccoli being your snacks are long gone with these weight loss salad recipes. Men and women alike are going to see major changes in their bodies once they start incorporating salads into their diets.

Salad Recipes To Please Anyone's Taste Buds

With the endless combinations available when it comes to salads you will never get bored of eating them. While there are 52 weight loss salad recipes inside the reality is you can mix and match ingredients to create hundreds more. It could be as simple as substituting kale for spinach or adding hardboiled egg to beef up the protein.

Inside you will find recipes like:

- Fennel Citrus Salad
- Chickpeas and Pepper Salad
- Hemp and Cabbage Salad
- Peaches and Chicken Salad
- Asian-Style Coleslaw Salad
- Broccoli and Bacon Salad

You will not believe that you can eat some of these salads and lose weight, but it is so easy if you stick within your calorie range. Remember these are not laden with unhealthy fats but actual healthy fats and fiber that make losing weight feel effortless.

When you eat great food, you feel great and losing weight is a by-product of that. You know that when you

wake up dreading what you have to eat that day you are not going to stick with your weight loss plan.

The easiest way to add salads into your diet is to use a couple low calorie salads as your snacks, eat a regular breakfast, have a medium calorie salad as a side with lunch and then use a high calorie salad for dinner.

Would You Like To Know More?

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