

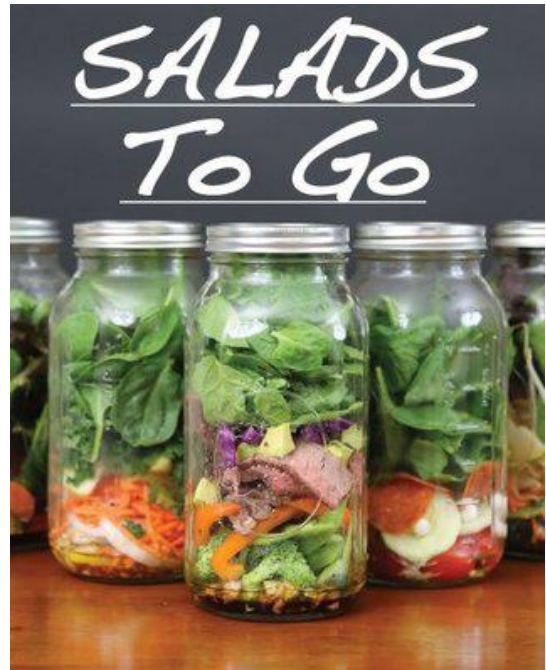
DOWNLOAD Salads To Go by Arnel Ricafranca [PDF]

Detail Book:

- **Title:** Salads To Go
- **Author:** Arnel Ricafranca
- **Publish:** 0000-00-00
- **Format:** Paperback
- **Pages:** n/A
- **Language:** English



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Book Synopsis:

Salads To Go 7 Delicious Salad Recipes Made For On The Go Convenience If you are like me, you probably have a busy lifestyle to keep up with which makes eating healthy pretty difficult. We all know that a good hearty salad is good for you. However, due to everyone's busy demanding schedules, finding the time to prepare a good salad isn't always possible. Yes, you can get salad in many fast food restaurants; unfortunately, most fast food salads are either not fresh, contain processed fillers, or their dressing contains more calories than their burgers. What most people don't know is that many fast food restaurants actually spray their salads with a substance made of propylene glycol to make their lettuce and other vegetables appear fresh, when they could actually be up to 3 days old! So all these reasons really defeat the purpose of trying to eat healthy. Lucky for you, I am about to reveal an ingenious way to prepare a tasty, mouth watering and healthy salad in a mason jar that can last for up to 7 days - without the unwanted chemical spray.