



Simple Paleo Salad Cookbook

Sarah Spencer

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50 Paleo Gluten-free salad recipes to make you feel energize, healthy and lose weight! Inside find the essentials of following a paleo diet lifestyle including: - What the paleo diet is all about - What are the health benefits - What foods you can enjoy daily, in moderation and to avoid completely - Trick and tips to make paleo cooking easy - 50 nutritious salad recipes What really make **this book unique is the 50 Paleo and Gluten-free salad recipes**. These creative and nutritious recipes will make you crave eating salads every day! Made with fresh and easy to find ingredients, you will be able to whip up impressive salads in no time. These include: - Some of the most

classic salads with a paleo twist

like the French Niçoise salad, the grilled Caesar salad and the pear chicken Lascaux salad. - Lots of vegan and vegetarian options like the warm wild mushroom salad, the nutty watercress salad with a sweet citrus vinaigrette, the zucchini spaghetti salad with a basil pesto dressing and many others. - Amazing and tasty fruit salads you want to eat every day! - Luscious fish and seafood salads like the scrumptious crab cake salad, the paleo tunamole salad and the rosemary shrimp and avocado salad. - Delicious poultry and meat salads to satisfy the most carnivorous appetites like the crispy duck salad, the Thai green papaya salad with grilled pork tenderloin, the sirloin steak salad with a ginger dressing or the nutty chicken salad with a paleo creamy ranch dressing and many more.

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