

Real Good
SALADS

Delicious Recipes from the house of



THE SALAD PROJECT

AEKTA PANJWANI

Real good
SALADS

AEKTA PANJWANI



First Edition, 2023

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Paperback ISBN: 978-93-95986-92-2

eBook ISBN: 978-93-95986-91-5

WebPDF ISBN: 978-93-95986-95-3

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Printed and bound in India

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2/579, Singaravelan Street

Chinna Neelankarai

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India

info@16leaves.com

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Dedication

**To my ever-so-encouraging husband, Chandan
who discovered the "chef" inside me. I love you.**

The Idea of this book

Research suggests that over 80% of people who are able to lose weight significantly are unable to sustain that weight loss by the end of 12 months. More over, most of these people regain more than half of their lost weight over two years.

If only people had a better way on keeping the excess weight off, this problem would never arise. The main challenge is that people often distinguish between the so called "diet" days and "cheat" days. Cheat days help them to feel emotionally satisfied. Now, what if I say that there could be a middle ground? With some simple home based ingredients and time on hand, you can create delicious salads that will become your go-to recipes everyday.

The attempt of this book is to get to you some simple salad recipes which will make you feel good inside out!

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