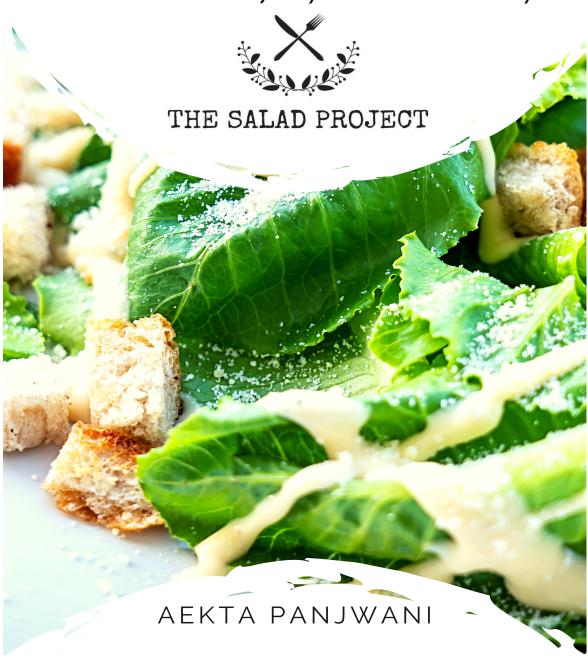
## Real Good SALADS

Delicious Recipes from the house of



# Real good SALADS

### AEKTA PANJWANI



#### First Edition, 2023

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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!

### List of Recipes

SAL	AD DRESSINGS	
1.	Creamy Ranch Or Caesar Dressing	. 13
2.	Greek Salad Dressing	14
3.	Lemon Oil Vinaigrette (3 variations)	. 15
4.	Tahini	17
5.	Hummus	18
6.	Cocoa Hummus Or Desert Hummus	19
7.	Hung Curd Dressing	20
8.	Hot Barbeque Sauce	. 21
9.	Mexican Salsa	23
10.	Tandoori Marinade	24
SAL	ADS	
1.	Caesar Salad	27
2.	American Barbeque Salad	28
	Mexican Taco Salad	
4.	Waldorf Salad	30
5.	Macaroni Pasta Salad	31
6.	Russian Salad	33
7.	Greek Salad with Feta	34
8.	Hummus Salad	35
9	Tandoori Salad (Paneer / Chicken / Mushrooms)	36