

Now that I have to Eat Salads, Any Suggestions?

When people resolve to lose weight, they know snacks and junk foods will have to be eliminated and replaced with salads and fruit. In order to stay on such a dietetic resolution it is imperative that the meals be enjoyed. Of course, it's easy as pie to peel a banana or grab an apple and enjoy the delicious flavors of these and several other fruits without the hassle of preparation. However, everyone knows that we still need our vegetables as some nutrients which may be lacking in fruits are very much more present in these substances. Moreover, when it comes to weight loss, as we detoxify with exercise and diet, it is imperative that the body is nourished and provided with as much essential substances as possible to maintain adequate health and wellness. These are abundant in green leaves and vegetables and in addition to this; these substances possess the fibrous qualities to serve as intestinal brooms for ridding the body of excess debris. But how many people do you know that just grab plain lettuce or cabbage and chew on these items like rabbits? Even if you came across someone so inclined, I bet you they wouldn't last long on such a practice. But still we need the vegetables. So how does one ensure to get them and enjoy them as we go on a weight loss diet? Perhaps the tastiest and most creative way will be by eating salads. Now, to enjoy them and to be able to have fun making them on your own for saving money and knowing exactly what is in your meal, here are some tips and recipes that should come in handy. Ensure to chop the base vegetables all to the same size to allow the flavors to intermingle. When making for the whole family you can double the ingredients in the recipes and increase the vegetables. Great choices for base vegetables for salads are Lettuce, Cabbage and Kale. You can augment these with fruit vegetables like Cucumber, bell peppers, tomatoes etc or root vegetables like carrots or plain celery. For a dressing, you can use any choice of the following to enjoy your salads while you go on a diet for weight loss: Tom-Avo -2 organic Roma or Hot House tomatoes

-2 big Avocados (pitted)

-2 tsp orange juice (freshly squeezed) 2 oz of water

Serving Suggestion: Chop some Red Cabbage say a cup or less finely and sprinkle into the soup
The Real Ranch Dressing: -2 medium sized tomatoes

-2 young coconuts

-1/2 tsp of salt

-6 organic sun dried tomatoes

-1 stalk of Celery

-1 tbs of lemon juice (optional)

Blend all and use as a dressing for a lettuce based salad. (Note: I recommend using one base leafy vegetable at a time, if desired a fruit veggie like cucumbers or organic bell peppers can be used along with shredded carrots) Guacamole: -2 avocados

-2 medium tomatoes

-1/2 orange

-Sea salt to taste

Process everything in your food processor. I would say this can be an excellent first food for a child in the evenings. Serve in lettuce leaves or largely cut cabbage leaves a la Tortilla chips and dips. Dress Down Dressing: -1/2 lemon

-2-3 avocados

-Sea Salt to taste

-1/2 cup water
With the suggestions above, now that you may have to include more salads and vegetables into your diet for a safe and healthy weight loss, these delicious recipes will ensure that you not only enjoy how you make your meals but most importantly that they taste good. This way you can stay on your weight loss program and still not compromise tasty meals per-se. Well, enjoy your salads and have fun working out later on.

About the Author

The official web site of the diet. Features discussions with the author, recipes, nutritional information, and weight.

Source: <http://productsherbal.com>