



# **On the Side: Low-Calorie Side Dish and Salad Recipes (a Scrumptious Low-Calorie Recipes Cookbook Book 7)**

*Joan Holcomb*

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## **On the Side: Low-Calorie Side Dish and Salad Recipes (a Scrumptious Low-Calorie Recipes Cookbook Book 7) Joan Holcomb**

If you love salads and side dishes, the difficulty you may have when losing weight is to find a salad dressing, or a salad or side dish, which is tasty but not loaded with calories. These dressings, saucers, side dishes, and salads are all under 250 calories per serving.

All recipes include calories, fat, fiber, carbs, and protein content per serving.

Important note: this is not a cookbook with zero calorie (or near-zero calorie) recipes. The very nature of these dishes and their ingredients mean that the calorie count will never be zero, or even close to it. Those looking for minimal calorie main dishes are advised to seek commercial preparations specifically made for very low calorie diets.

Also, these recipes are not necessarily low-carb. With healthy ingredients such as fruits and vegetables, they often include GOOD carbs.

Disclaimer: The contents of this cookbook may not be construed as a medical diagnosis, treatment, advice, claim, or substitute for a physician's care. Consult a physician or other health care provider before starting a weight loss or exercise program. Joan's results are not typical, and she cannot guarantee you will have the same results. Your results are up to you!

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