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Nigerian Weight Loss Cookbook

SALADS

By Olu Aijotan

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WEIGHT LOSS COOKBOOK

Salads are amazing weight loss friendly foods.

A lot of Nigerians don't like salad because they believe it's all vegetables and not sweet. But infact, they are VERY wrong!

Salads are very delicious, healthy, refreshing and can be very tasty if you prepare them the way that I will show you in this book.

I want you to be open minded. Get your adventurous hat on and try out these salad recipes at home.

You'd be amazed at how much you'll love some of these recipes. So let's get started on this journey...

Regards,

Olu Aijotan (*Nutrition & Fitness Coach*)

SALAD DRESSING

A great salad deserves a great dressing.

Actually, for your salad to be tasty, you need to have dressing that will give it a delicious taste. So I am going to give you healthy version of tasty salad dressings that you can add to your salad that will make it tasty.

LEMON JUICE SALAD DRESSING

Prep Time: 5 Minutes **Calories:** 70.9 Calories **Serves:** 8

INGREDIENT

- 3 table spoon of lemon juice (Squeezed from one large lemon)
- 2 tablespoon Olive Oil
- Salt And freshly grounded pepper to taste
- 1 tablespoon of honey

PREPARATION:

- Put the olive oil in a bowl and add the lemon juice and honey.
- Stir it together with a spoon, then add the freshly ground pepper and a little bit of salt to taste.



NOTE: This dressing is amazingly delicious and healthily sweet that you can add it to any salad and it will transform the taste.

And with this simple salad dressing, you don't need any of the "fatty" salad dressing being sold in shops.

SIMPLE VEGETABLE SALAD

Prep Time: 10 Minutes **Calories:** 220 Calories **Serves:** 5

INGREDIENT

- 1 cucumber (diced)
- 2 diced medium tomatoes
- 1 red bell pepper (tatashe)
- 1 handful of lettuce/cabbage or spinach
- 1 handful of sweet corn
- Boiled egg (diced)

PREPARATION:

- Wash and chop the lettuce/cabbage or spinach and mix with the diced cucumber, tomatoes and bell pepper.
- Add your sweet corn and diced boiled egg.
- Serve in a small bowl with the salad dressing.



CHICKEN SALAD

Prep Time: 20 Minutes **Calories:** 310 Calories **Serves:** 4

INGREDIENT

- 1 cup of diced cooked or roasted chicken
- 1/2 cucumber (diced)
- 1 cup of chopped spinach or lettuce
- 1 diced medium bell pepper
- 1 diced tomatoes

PREPARATION:

- Wash and chop the lettuce/cabbage or spinach. Add the bell pepper and tomatoes. Then mix with the diced cooked or roasted chicken.
- Serve with lemon dressing.



FISH SALAD

Prep Time: 20 Minutes **Calories:** 305 Calories **Serves:** 4

INGREDIENT

- 1 cup of diced cooked or roasted fish
- 1/2 cucumber (diced)
- 1 cup of chopped spinach or lettuce
- 1 diced medium bell pepper
- 1 diced tomatoes

NOTE: You can use any fish e.g. Titus, Tilapia, Mackerel etc.

PREPARATION:

- Wash and chop the lettuce/cabbage or spinach. Add the bell pepper and tomatoes. Then mix with the diced cooked or roasted chicken.
- Serve with lemon dressing.



CARROT SALAD

Prep Time: 15 Minutes **Calories:** 180 Calories **Serves:** 3

INGREDIENT

- 2- carrots (grated with a grater)
- 1/2 bell pepper diced
- 1/2 cucumber diced
- 1 cup of sweet corn

PREPARATION:

- Mix the ingredients together and serve with salad dressing.



AVOCADO SALAD

Prep Time: 10 Minutes **Calories:** 126 Calories **Serves:** 6

INGREDIENT

- 2 Avocados (peeled and diced)
- 1/2 green bell pepper (diced)
- 1 medium tomato, chopped
- salt and pepper to taste

PREPARATION:

- In a medium bowl, combine avocado, bell pepper, tomatoes and some lemon dressing together.
- Gently mix them up until evenly coated. Season with a little bit of salt and pepper.



FRUIT SALAD

Prep Time: 15 Minutes **Calories:** 86 per cup **Serves:** 4
(varies with fruits used)

INGREDIENT

- 1 Papaya (pawpaw)
- 1 Mango
- 1 apple
- 2 Banana
- ¼ water melon
- Pine apple

Note – Your ingredients will depend on the fruit in season. Feel free to add any fruit in season. This is allowed.

PREPARATION:

- Peel and remove the flesh of the various fruits in the ingredients.
- Cut the fruits (All of them) into bite-size pieces.
- Combine all the mixed fruits into a medium bowl and store in a refrigerator for few hours.



PRAWN AND MANGO SALAD

Prep Time: 15 Minutes **Calories:** 168 **Serves:** 4

INGREDIENT

- 1 cup of cooked peeled prawns
- 1 mango diced
- 1 cup of chopped lettuce
- 1 avocado, chopped
- 1 lemon
- 1 medium sized tomato, chopped

PREPARATION:

- Squeeze lemon into a bowl. Add the chopped avocado and mix together. Then add your diced mango, tomato and chopped lettuce.
- Mix together and serve with salad dressing.



TOMATO AND CUCUMBER SALAD

Prep Time: 10 Minutes **Calories:** 120 **Serves:** 2

INGREDIENT

- 2 cups of chopped cucumbers
- 1 cup of chopped tomatoes
- salt and pepper to taste
- Lemon dressing

PREPARATION:

- Mix your cucumber and tomato with 1 tablespoon of salad dressing together.
- Add a little salt and pepper to taste.



For more recipes, check out the

Staple Meals, Breakfast Ideas,

Intercontinental meals and Smoothies Cookbook.