

Nutritionist Sugest You



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-191182-z>

Scary Salads Over 1,000 Calories (and Healthier Swaps!) – Part I Ordering a salad always feels so virtuous, right? After all, when faced with a menu full of rich, fattening pastas, burgers and entrées — you chose the healthy option.




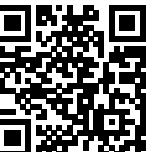






What could possible go wrong?

Well, apparently, a lot. Just because there are veggies on your plate, doesn't mean that the cheese, fried chicken or creamy dressing accompanying your carrots got any better for you.

Crispy Chicken Cobb Salad Beware the Cobb salad. Stuffed with bacon, blue cheese and slathered in ranch dressing, this dish can be calorically dangerous. Even made with grilled chicken, this salad is still a big no-no.

Make It Healthier: Turkey bacon and low-calorie blue cheese or ranch dressing helps make this Healthy CobbSalad less calorically horrifying. You'll get your fix of veggies from the cucumber and tomato, plus a dose of healthy fats from the ripe avocado you'll add into the mix.

Be Smart - Live Well ;

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