

# 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.

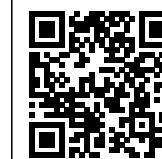
What could possibly go wrong?

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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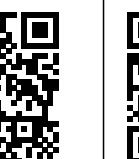
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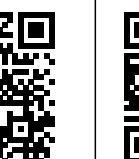
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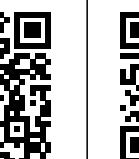
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