

*25+ Healthy Delicious*  
**SALAD RECIPES**  
**BY REKHA KAKKAR**



Healthy & Delicious, salad  
recipes for everyday Meals

**mytastycurry**  
*by Rekha Kakkar*



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# *Delicious* **SALAD RECIPES**

by **Rekha Kakkar**




Rekha Kakkar is a food blogger, nutritionist, and recipe developer behind MyTastyCurry.com. With a background in culinary arts and nutrition, she creates healthy, flavorful recipes that blend Indian and international cuisines.

Rekha specializes in tasty, nutritious meals that can be prepared in under 30 minutes, making healthy eating accessible for busy individuals.

Through **her blog** and social media platforms, Rekha shares quick recipe ideas, cooking tips, and nutritional information. Her work aims to prove that maintaining a balanced diet can be both delicious and convenient.



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