

A hand wearing a white wristband is pouring a light-colored dressing from a white ceramic pitcher into a white bowl filled with a colorful salad. The salad includes green leafy vegetables, red tomatoes, and sliced cucumbers. The bowl is set on a wooden surface, and there are various fresh vegetables like avocados and onions around it. The background is slightly blurred, focusing attention on the action of pouring the dressing.

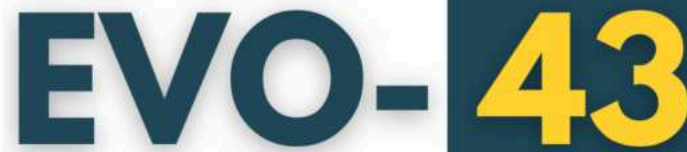
EVO-43

Prioritise Your Life

Add Some Flavour To Your Food

Top 10 Salad Dressings & Sauces

@coach_rick_winstanley



THE TOP 10 SALAD DRESSINGS

SECOND EDITION

QUICK, HEALTHY RECIPES DESIGNED
TO FIT YOUR WILD LIFE. EAT RIGHT,
LIVE STRONG, CUT THE EXCUSES. IT'S
TIME TO WIN YOUR DAY, STARTING
WITH WHAT'S ON YOUR PLATE.

By Rick Winstanley

Creator of Evo-43 for fitdadacademy

@2024 Fit Dad Academy

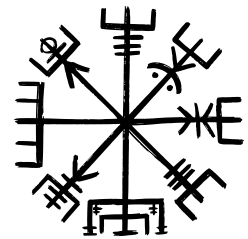
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Prioritise Your Life



Dedication



This eBook is dedicated to the the four people who have stuck by me, even after all the shenanigans I've got myself into and put them through over the years.

To my dad Joe, my mam Maria, my sister Kate and my better half, Emma. I don't say it enough but I love you and thank you.

I would also like to dedicate this eBook to all my clients past and present, especially the clients who became friends. You have given me the opportunity to come to work each day and to practice what I love and believe in. For that I am eternally grateful.

My final dedication goes to you for taking an active interest in being a better human both mentally and physically. For that I want to extend my gratitude for allowing me to be part of the eternal journey.

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Hello, I'm your coach **Rick Winstanley**

Welcome to Evo-43, where excuses have no place and results are your new best mate.

You're here because you're tired of putting your health at the bottom of your priority list. Well, change starts now.

The Top 10 Salad Dressings isn't a quick fix, it's a tool for your lifelong transformation.

No more playing small. This is about upgrading your life in a way that 'just getting by' can't touch. It's about looking at your daily grind and flipping it on its head to make room for real change.



You're going to have a 10 unbelievable so you can get tasty, healthful meals boxed off in no time to help you get fit, to get healthy, to get uncompromisingly strong, inside and out.

Your future self, the one you dream about – fit, confident, unstoppable – it's within reach. But only if you take action today.

So, are you ready to rewrite your story? The Top 10 Salad Dressings is here to help you do just that.

Rick Winstanley

Section 01:

Make Room For Success

Want to burn fat and see your abs; getting your nutrition right is the key to smashing your goals and shaking hands with your fitter future self.

RIGHT THEN! LET'S ADD THE FLAVOUR

*The **Top 10 Salad Dressings***

Unleash The flavor: Transform Healthy Meals From bland To Grand!

Hello mate. It's time to stop punishing your taste buds with boring "healthy" food. Your mission to get into your favourite pair of jeans again isn't supposed to be a ball ache.

So why are you treating your 'healthy' meals like something you have to endure?

It's time to turn that idea on its head.

The 'Top 10 Salad Dressings Recipe Book' is the game changer you've been waiting for. It's not just about burning fat; it's about adding life to your food and your body.

This is your tool to use in the beautiful chaos of your life, made for the busy bees who can't afford to waste time on any more dull food. No more meal prep.

No more wishing you could dive into something tasty on your dinner hour. These dressings are your secret weapon to enjoy what you eat and still smash the pants of your fitness goals.

RIGHT THEN! LET'S ADD THE FLAVOUR

*The **Top 10 Salad Dressings***

Unleash The flavor: Transform Healthy Meals From bland To Grand!

They're quick to make, they're delicious, and they're going to make you look forward to every single bite.

This recipe book is more than just eating right; it's about loving what you eat. It's about feeding your ambition as well as your muscles and your mind. And it's about doing it all on your time, your terms and in your control.

So, are you ready to join the squad of the flavour-forward fitness legends? Grab 'The Top 10 Salad Dressings Recipe Book' and get after it.

Your future self is waiting at the finish line, and they're not bored, they're loving what they eat.

Let's have it.

Show up, work hard, and go get what you want.

Yours in health
Coach Rick.

A hand holding a metal key against a background of falling rain.

Section 02:

Take Control Of Your Meals

Get lean, stay keen—quick, healthy eats to torch fat in the beautiful chaos of life. No excuses, just results. Time to get cracking mate. Here's your recipes.

BALSAMIC VINAIGRETTE

81

Calories

PER SERVING = 2 TABLESPOONS

Protein

0

G

Carbs

2

G

Fats

8

G

Time

5

M

THE INGREDIENTS

- 2 tablespoons honey
- 1 tablespoon dijon mustard
- ½ teaspoon fine sea salt
- ½ teaspoon freshly crushed black pepper finely ground
- 1 large garlic clove minced
- ¼ cup balsamic vinegar
- ¾ cup extra virgin olive oil

THE METHOD

In a small mixing bowl, whisk together the honey, balsamic, mustard, salt, pepper and garlic.

Add the oil and give it a proper whisk to combine. Continue whisking until the dressing is fully emulsified.

Store in a jar with a lid and refrigerate. Shake well before serving. And Enjoy!

CREAMY HONEY MUSTARD

136

Calories

PER SERVING = 2 TABLESPOONS

Protein

1

G

Carbs

13

G

Fats

9

G

Time

5

M

THE INGREDIENTS

- ¼ cup plain yogurt
- ¼ cup olive oil
- ¼ cup Dijon mustard
- ¼ cup honey
- 2 Tablespoons apple cider vinegar
- ¼ teaspoon garlic powder
- ½ teaspoon sea salt

THE METHOD

Combine all ingredients in a medium bowl.

Whisk together until smooth. Taste and add extra salt or garlic powder as desired.

Enjoy and/or store leftovers in fridge for about 5 days.

CHILLI LIME

88
Calories

PER SERVING = 2 TABLESPOONS

Protein

0
G

Carbs

2
G

Fats

8
G

Time

5
M

THE INGREDIENTS

- ¼ cup extra-virgin olive oil
- 3 tablespoons fresh lime juice
- 1 tablespoon finely grated fresh ginger (or ginger paste)
- 1½ teaspoons chili garlic sauce
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

THE METHOD

Trow all the ingredients in a bowl and whisk the life out of them until they are well mixed.

Taste and add more chili garlic sauce and/or salt and pepper, to taste.

Bottle your dressing up and ENJOY!

HORSERADDISH & LEMON

88

Calories

PER SERVING = 2 TABLESPOONS

Protein

0

G

Carbs

2

G

Fats

8

G

Time

5

M

THE INGREDIENTS

- ⅓ cup white wine vinegar
- 2 tablespoons prepared horseradish
- 2 cloves garlic, minced
- 1 tablespoon finely chopped spring onion, the green part
- 1 pinch crushed red pepper flakes
- 1½ teaspoons sea salt
- ½ cup extra virgin olive oil
- 1 lemon, finely zested and juice

THE METHOD

Trow all the ingredients in a bowl and whisk the life out of them until they are well mixed.

Taste and add more chili garlic sauce and/or salt and pepper, to taste.

Bottle your dressing up and ENJOY!

CHIPOTLE HONEY VINAIGRETTE

206
Calories

PER SERVING = 2 TABLESPOONS

Protein

1

G

Carbs

6

G

Fats

21

G

Time

5

M

THE INGREDIENTS

- ½ cup red wine vinegar
- ⅓ cup honey
- 1 tablespoon [adobo sauce](#) (click to order)
- 1 tablespoon water
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- 1 ½ cups olive oil
- Salt and freshly ground black pepper

THE METHOD

- In a food processor or blender, combine red wine vinegar, honey, adobo sauce, water, cumin, garlic powder, and oregano and pulse to combine.
- With the motor still running, drizzle in the oil until the salad dressing comes together and emulsifies. Season to taste with salt and pepper (I like 1 tablespoon salt and 1 ½ teaspoon pepper).

GREEK SALAD DRESSING

124

Calories

PER SERVING = 2 TABLESPOONS

Protein

0

G

Carbs

1

G

Fats

14

G

Time

5

M

THE INGREDIENTS

- ⅓ cup red wine vinegar
- 1 lemon, juice
- 1 teaspoon Dijon Mustard
- 2 garlic cloves, minced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup olive oil

THE METHOD

Add all of the ingredients, except the olive oil to a bowl and whisk away.

Slowly add the olive oil and whisk like your life depended on it while pouring until the dressing is emulsified.

Bottle your dressing up and ENJOY!

SESAME GINGER VINAIGRETTE

124

Calories

PER SERVING = 2 TABLESPOONS

Protein

2

G

Carbs

6

G

Fats

12

G

Time

5

M

THE INGREDIENTS

- 2 tablespoons light soy sauce
- ½ cup extra virgin olive oil
- 3 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon fresh lime juice
- 1 teaspoon sesame seeds
- 1 clove garlic minced
- 3 tablespoons honey
- 1 tablespoon fresh ginger grated
- 1 teaspoon Sriracha or to taste
- 2 tablespoons water

THE METHOD

Add all of the ingredients whisk like your life depended on it while pouring until the dressing is emulsified.

Bottle your dressing up and leave in the fridge for 30 minutes to let the flavours develop.

Then you can ENJOY!

AVOCADO & LIME

83

Calories

PER SERVING = 2 TABLESPOONS

Protein

2

G

Carbs

1

G

Fats

9

G

Time

5

M

THE INGREDIENTS

- 1 avocado
- ¼ cup olive oil
- ¼ cup water, or more for thinner consistency
- ¼ cup parsley leaves
- 1 lime, juiced
- 2 garlic clove, minced
- salt and pepper, to taste

THE METHOD

Add all of the ingredients into your blender and blend until you get a creamy consistency.

Add water to thin the consistency if you need to.

APPLE CIDER VINAIGRETTE

180

Calories

PER SERVING = 2 TABLESPOONS

Protein

1

G

Carbs

5

G

Fats

18

G

Time

5

M

THE INGREDIENTS

- ⅓ cup olive oil
- ¼ cup apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper, to taste

THE METHOD

Add all of the ingredients whisk like your life depended on it while until the dressing is emulsified.

Bottle your dressing up AND ENJOY!

ITALIAN DRESSING

129

Calories

PER SERVING = 2 TABLESPOONS

Protein

1

G

Carbs

2

G

Fats

14

G

Time

5

M

THE INGREDIENTS

- ½ cup extra-virgin olive oil
- ⅓ cup white wine vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons dried oregano
- 1 teaspoon honey
- 2 cloves garlic, pressed or minced
- 10 twists of freshly ground black pepper
- ¼ teaspoon salt, more to taste
- Pinch of red pepper flakes (optional)

THE METHOD

Add all of the ingredients whisk like your life depended on it while until the dressing is emulsified.

Bottle your dressing up AND ENJOY!

RIGHT THEN! LET'S ADD THE FLAVOUR

*The **Top 10 Salad Dressings***

Unleash The flavor: Transform Healthy Meals From bland To Grand!

Alright, listen up! It's crunch time, and I'm not talking about your abs. I'm talking about making a decision that's going to drive you into a world where being lean, strong, and confident doesn't come with a side of bland meals.

You've got the power to change your game, and it starts right now. You've seen what's inside the 'Top 10 Salad Dressings Recipe Book.' It's not just a collection of recipes; it's a blueprint for revolutionising how you eat.

This isn't about just getting by on rabbit food; it's about thriving on meals that are as exciting as your fitness journey.

You're working hard, every day, pushing limits, and chasing goals. Don't let your nutrition be the weak link in your armour.

These recipes are your secret weapon for fueling your body and your soul. They're quick, they're delicious, and they're the answer to the dreaded question, "What should I eat to stay on track?"

RIGHT THEN! LET'S ADD THE FLAVOUR

*The **Top 10 Salad Dressings***

Unleash The flavor: Transform
Healthy Meals From bland
To Grand!

So here's what I need from you: It's time to stop dreaming about your ideal self and start living as that person.

The start to that lean, confident, unstoppable force is just a few flavourful meals away.

The 'Top 10 Salad Dressings Recipe Book' is more than just recipes; it's part of your toolkit for transformation.

So, no more excuses. No more boring meals. It's time to step up and spice up your life. Grab this book and let's get moving.

Your future self is waiting, and they're not just fit—They're everything you want to be.

Let's make it happen.

Show up, work hard, and go get what you want.

Yours in health
Coach Rick.

BORING, BORING LEGAL STUFF

THIS HAS TO BE HERE, JUST IN CASE

Evo-43: Top 10 Salad Dressings Recipe Book is written for information purposes to help you, the reader, make informed decisions about your health, diet, fitness and exercise program. However, this book is not a substitute for professional and competent medical and training advice. How you use *Top 10 Salad Dressings Recipe Book* is entirely your own risk. This book does not create any contract or duty of care between the author or publisher and you, nor any liability or responsibility in contract, tort, negligence or otherwise, in relation to how you, the reader, translate the contents of the book into your own exercise activity, diet and lifestyle. Before making significant changes to your diet, as depicted in this book, you should always seek the approval of a competent, professional medical practitioner to make sure that dietary changes are suitable in relation to any underlying medical issues which you may have. Always know your limits and avoid unnecessary risks. Information concerning nutritional supplements contained in this book is anecdotal and does not constitute empirical scientific research, or any guarantee or endorsement of health or other claims made in relation to each specific supplement by its manufacturer, distributor or retailer. Scientific evidence relating to nutritional supplements, including in relation to their health benefits and risks, is hugely varied across the world. Similarly, the regulation of nutritional supplements is specific to each country. It is therefore your responsibility to check the legality of nutritional supplements mentioned in this book and to seek the advice of a competent, professional medical practitioner as to the benefits and risks associated with them. While we wish you every success with your diet, we cannot guarantee a specific result should you utilize the information contained in this book. Internet addresses given in this book were accurate at the time it went to press. Mention of specific companies, organisations, authorities or persons does not imply endorsement by the publisher. Copyright © Rick Winstanley: Rick Winstanley Coaching 2025. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by means, electronic or mechanical, including photocopying, recording or any other information storage or retrieval system without written permission of the publisher