

Good Food Eat Well Spiralizer Recipes

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day!

Spiralizing is a fun, delicious way to eat healthier--and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you want with the ease you need. From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer

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cookbooks that are too complicated, knowing what to do with which vegetable can be challenging. On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, *The Big 15 Paleo Cookbook*, Megan turned her attention to one of the most versatile appliances in paleo cuisine--the spiralizer. With *The Big 10 Paleo Spiralizer Cookbook* Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, *The Big 10 Paleo Spiralizer Cookbook* is the only spiralizer cookbook to include more than 300 total recipe options. Inside this spiralizer cookbook you'll find: 100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance Helpful photos and per-recipe nutritional information so you know exactly what your dish should look like and exactly what is in it Recipe variations for a variety of diets, including paleo, keto, vegan, raw, gluten-free, and dairy-free Discover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with *The Big 10 Spiralizer Cookbook*.

Put down the green juice and ditch the boring salad! Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try *A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal*. Eric Shaffer, Blogger, Food Enthusiast "Must Have For Spiralizer Owners" Here's the real kicker *The Nom Nom Spiralizer* is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks,

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guidance and recipes, the Nom Nom Spiralizer has been created to focus on Easy Spiralizer Recipes and The Most Explosive Flavours. You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Sweet Chocolate Waffles Hash Brown Breakfast Cake Burrito Breakfast Bowl Spiralized Potato Frittata Smoked Salmon and Courgette Ribbons Salad Summery Noodles Salad Zucchini Noodles Bowl Asian Beef and Mushroom Noodles Soup Use these spiralizer recipes, and start cooking today! Impress your family with these easy to make & healthy vegetable recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible spiralizer recipes

As caring parents, we would all like to set a plate of healthy food in front of our little

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ones and watch as they eat every last bite without complaint This recipe book is all about Paleo Spiralizer recipes; there are thirty different recipes within the pages of this cookbook and each and every single one is delicious and unique in its own way. You can easily make them for yourself and your kids or you can make them for friends or events such as holidays or gatherings. With so many different kinds to choose from you will be sure to find one to suit every kind of craving that your child may have; sweet, tangy, sour, refreshing, spicy, etc. These recipes are great for lunch, dinner, as a snack or even for breakfast; of course, it depends on which one you are going to make to eat and when. Believe it or not Paleo spiralizers not only taste delicious but look tempting as well. A large variety of vegetables and other healthy ingredients are used to make all of these recipes; they are designed to provide the body with all of the essential vitamins, minerals and nutrients that are needed for the body to properly and healthy work. By the end of this recipe book you will have tried a lot of different foods that you never thought you would have tried or that you would ever think could actually taste good. When it comes to these recipes it is best to keep in mind something you more than likely have learned; that you should not judge a book by its cover, so you should not decide whether or not you like something until you have given it a try first to be sure. If you like it then you know and can have it again, if you don't like it then you have at least tried it and you can avoid it completely from now on.

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Deal! Put down the green juice and ditch the boring salad! Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal. Eric Shaffer, Blogger, Food Enthusiast "Must Have For Spiralizer Owners" Here's the real kicker The Fresh Spiralizer Meals is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks, guidance and recipes, the Fresh Spiralizer Meals has been created to focus on Easy Spiralizer Recipes and The Most Explosive Flavours. You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Sweet Chocolate Waffles Hash Brown Breakfast Cake Burrito Breakfast Bowl Spiralized Potato Frittata Smoked Salmon and Courgette Ribbons Salad Summery Noodles Salad Zucchini

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Kids!!! They are the main members in our family. We gave them life, educated them and try to please in all their wishes. Every mom knows that it's very difficult to feed her child especially with vegetables. As they always want something tasty, new and interesting. But don't forget about benefits from meals. Every mother desires her kids to eat not only tasty food but primarily healthy and nutritious meal. SPIRALIZER! It's the solution of all problems! Vegetable spiralizer is a modern device which helps every mom to prepare new and exciting dishes: vegetable noodles, spiralized zucchini. But this kitchen appliance was created not only for moms and her kids. Every student, housewife, employer or manager can use vegetable spiral slicer in order to enrich their ration. The Spiralizer Cookbook is a wonderful addition to your spiral vegetable cutter. Here you can find mouthwatering recipes for spiralizer such as salads, snacks, raw, meat and seafood dishes, and even desserts.

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Finally available in paperback, this is Amazon #1 Best Seller J.S. Amie's third book featuring Spiralizer recipes for those of us who want to live healthier and skinnier! THE COMPLETE VEGETABLE SPIRALIZER COOKBOOK explores new flavors with delicious spiralizer recipes inspired by the world's most popular pasta and noodle dishes...but prepared without wheat or gluten! In this book, you will learn: - how to use the Paderno, Veggetti, and Julienne Slicers to make Spiralized meals - how to pick the best vegetables and fruits for spiralizing - how to choose the right spiralizer tools - how to spiralize like a pro! OUR MOST POPULAR AND DELICIOUS RECIPES in the book, PLUS OVER 200 MORE FREE SPIRALIZER RECIPES in digital format. The recipes are presented in a beautiful, easy-to-read design so you can lay the book flat on your countertop and easily prepare your meal. All recipes include full nutritional values so you can plan according to your dietary needs. Many recipes have full color professional photography available, either in the book or in the included digital content.

Recipes include: - Soups -Salads -Sides -Entrees -Desserts BONUSES - Gluten Free, Paleo, and Weight Loss Pantries - Vegetable Chart - Tool Chart
60 Best Vegetable Spiralizer Recipes, From Breakfast Noodles To Pasta Main

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Dishes, Fries, Soups, Veggie Sides And Sweet Desserts Here is a collection of recipes to make the most of your spiralizer. Your spiral vegetable slicer will no longer stay idle on the counter with these tasty and irresistible dishes! Spiralized vegetables are not just about healthy eating, they also provide a lot of fun for the whole family. Get your kids involved as you create colorful meals from breakfast to lunch, dinner, side dishes and dessert. The types of dishes you can make with spiralized vegetables is almost endless. The 60 recipes in this book will enable you make flavorful, low-calorie and all-natural recipes with the use of your spiralizer. Vegetable-full meals hit the spot whether you want to slim down or just want to maintain a healthy weight. They are not only delicious and nutritious, they also fill you up and help you resist sweets and junk food. The best recipes require minimal effort to make. Sometimes, all you have to do is toss your spiralized sweet potato or zoodles with olive oil, sprinkle with your favorite spices and stick in the oven. A few minutes later, a delicious meal is ready for your family. Many recipes in this book hit the spot when you want dinner that is full of greens. Sweet potato, zucchini or carrots can combine well with crispy greens to satisfy your craving. The main dishes can be toned down a little and prepared in a flash for a quick and satisfying weekday lunch. The breakfast recipes provided in this book are proof that vegetables should not be limited to dinner. Vegetable noodles

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come together with other ingredients to create a variety of dishes for hearty breakfasts. With 60 delicious recipes, Family Spiralizer Cookbook is a great resource for creating enjoyable meals such as: Spiralizer Waffles Spiralized Apple With Chocolate Glaze Zucchini Noodles Pumpkin Pie Shrimp Lo Mein With Parsnip Noodle Beet Noodles With Kale And Sausage Eggplant Pasta Lasagna Yogurt Chicken With Zucchini Noodles Cucumber Noodles With Creamy Coconut Dressing Baked Sweet Potato Fries Zucchini And Mango Salad Creamy Spiralized Apple Tart Carrot Cake Bites And much more!

This book contains important tips on spiralizing; an easy and creative method of turning fruits and vegetables into beautiful noodles, pasta, ribbons, and curls. The spiralizing technique will help you create more vegetable-focused meals in just a fraction of the time. Included in this book are the following: The basics of spiralizing fruits and vegetables The benefits of using a spiralizer Popular dishes that can be spiralized 60 delicious and healthy spiralizer recipes The spiralizer is an ideal kitchen appliance that can make different kinds of vegetable noodles or more commonly known as zoodles in just few short minutes. You can use this kitchen tool to create delectable dishes and snacks. There are 60 spiralizer recipes in this book that will teach you on how to make nutrient-dense dishes! No more countless hours of chopping, slicing, and/or dicing of vegetables just to get

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that even cut. With a kitchen spiralizer, all you have to do is mount your desired blade and fruit or veggie ingredient in a spiralizer, turn the handle clockwise, and wait for your zoodles to come out. These strands are then ready to be mixed into pasta dishes, salads, soups, and other meals you never knew you can make. This book also contains the basics about the spiralizing process such as a step-by-step process on using a spiralizer, the benefits of having one in the kitchen, and the different kinds of spiralizer-friendly recipes to prepare for your loved ones. So what are you waiting for? Grab your copy and start making your own delicious spiralizer meals!

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packed lunches and snacks that fit busy lifestyles. The Art of Eating Well is divided into clear categories – Kitchen and Store Cupboard Basics; Cooking in Advance; Breakfast; Soups; Salads; Sides and Snacks; Main Meals, including meat, poultry, fish and vegetarian; Baking and Desserts; Dips, Dressings and Sauces; Juices and Smoothies; Basics. Beautifully photographed and designed, The Art of Eating Well is a kitchen bible that delivers maximum taste and maximum nutrition. A bold and beautiful cooking companion for food lovers that will change the way you eat leaving you energized, healthy, slimmer and strong. Spiralizer Cookbook Get your copy of the best and most unique recipes from Theresa Tucker ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious,

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homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book : This book walks you through an effective and complete anti-inflammatory diet--no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, Spiralizer Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals--a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

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365 Days of Paleo Spiralizer Recipes Discover the incredible versatility of natural food and turn every mealtime into a feast for you and your loved ones One of the most effective, healthiest and most thoroughly researched eating styles today is the highly-respected Paleo Method, a wholly natural way of eating that is transforming and improving the lives of millions. Based on a complete understanding of how our bodies prefer to be fuelled, the Paleo Method grew from a realisation amongst health professionals that the modern diet of highly-processed food was the underlying cause of dozens of diseases. The explosion in obesity rates, diabetes, heart disease, auto-immune problems, cancer and hormonal imbalances has been closely linked to the modern, Western diet. And, having identified the problem, doctors and nutritionists quickly found the answer: wholesome, natural food, prepared and served in the right proportions, could overturn and reverse health problems, burn off excess fat from the stubbornest deposits around the body and restore vigorous good health from top to toe.

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The answer is on the end of our forks. Always popular because of the amazing flavours and the incredible variety of dishes that can be enjoyed every single day, the Paleo Diet just became even more versatile. Using the amazingly versatile Spiralizer to cut vegetables into long ribbons and strips that resemble noodles or spaghetti, the Paleo Diet now offers the tasty delights of some of the most popular dishes in the world - but based on super-healthy vegetables instead of potentially harmful grains. Now it's possible to enjoy deliciously hot plates of pasta - made with your favourite, fabulous, life-affirming vegetables. It means even more variety, more textures, more flavours, more sensations from the sensational Paleo Diet. And there are mouth-watering recipes for every single day of the year! In addition to celebrating every meal with the healthiest food and truly great flavours, you can also look forward to Kick-starting your fat-burning metabolism and freeing yourself from the stubborn old belly bulge Regaining your energy and vitality Treating your taste buds with a fabulous range of super flavours and textures Replacing your harmful old comfort foods with super-nutritious dishes Saying farewell to auto-immune outbreaks Experience new levels of healthy wellbeing The Paleo Method has been widely recognised as the most effective way to take control of weight issues, re-balance the metabolism, restore normal functioning to the digestive system and support robust health throughout the body. And just because the eating style is so good for us, it's often surprising to discover how utterly delicious natural ingredients can be. The recipes have been carefully designed and compiled by a

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leading nutritionist and wellbeing specialist to make mealtimes a truly joyous occasion. The emphasis is on total health but it's also a celebration of the joy of good food and thoroughly enjoyable eating. The proportions have been calculated to provide the most balanced approach to the Paleo Diet and all you have to do is download the recipes and begin to enjoy the benefits for yourself. Scroll up and grab a copy today. It's a winning combination that deserves a place of honour in your kitchen!

Energy-boosting recipes for glowing health from the "queen of guilt-free gobbling." Like many of us, Susan Jane White spent a long time fighting her body, riding the wheat-sugar-dairy merry-go-round, thinking her diet couldn't possibly be the reason she felt so ill. Once she liberated herself from that circuit, she discovered a whole world of fabulous ingredients to explore. Tasty. Naughty. Healthy. Nice. is about discovering true food bliss, and the over 135 recipes are anything but restrictive. Let Susan Jane, in her own hilarious fashion, show you the tasty way to a healthier you—and who says you can't throw in a little naughty while you're at it? Find recipes for: • Breakfasts that give long-lasting energy, such as High-Octane Banana Nutmeg Bars; • Snacks, Soups, and Salads for nutritional pick-me-ups, like the antioxidant all-star Dining al Desko Beet Salad and the protein-rich Superman's Salad; • Satisfying suppers, such as Chocolate Chili con Carne with Coconut Yogurt; Simple Salmon with Asparagus Soldiers and Whipped Green Tea; and Pumpkin Falafel; • Tasty treats that are extra satisfying, such as Goji Berry Halva, Raw Cacao Nib Toffee, and Ice Green Tea with Manuka Honey

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Cubes. Whether you are a newcomer to whole food living, a busy mom trying to find healthy snacks and meals, or just looking for new healthy inspiration, give yourself a high-five for deciding to dive into these recipes.

Eat well every day. Eating well doesn't have to be complicated. In fact, it should be simple. In this stunning new cookbook packed with over 120 brand-new recipes, Jasmine and Melissa Hemsley strip back their H+H principles of lifelong healthy eating to make eating well easy to understand and even easier to maintain. Good + Simple is for anyone who loves food and wants to look and feel amazing. The sisters' down-to-earth approach and their infectious enthusiasm will encourage you to reset your body and enjoy foods to feel happier, healthier and more energised. No fad dieting, no frills - these delicious, inventive dishes are packed with nutrient-rich, natural foods and are free from grain, gluten and refined sugar. With easy methods, well-known ingredients, reworked classics and fast recipes for those short on time, the H+H way is all about sustainable healthy eating with meals so tasty you forget their purpose is nourishment and good health. Good + Simple is an accessible and highly practical cookbook. Part one includes: * an at-a-glance guide to the H+H principles of eating well * 10 recipes to get you started * advice on mindful eating * basic store cupboard ingredients Part two has recipes for breakfasts, lunches, salads, vegetarian and vegan mains, meat and fish dishes and plenty of desserts, bakes, snacks and sweets. Part three includes: * quick and easy suppers with leftovers for lunch * simple, energy-

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boosting packed lunches for work * how to plan a Sunday cook-off for the week ahead * tips for portable meals and snacks * a two-week body reset plan With Hemsley + Hemsley's trademark stunning photography and bold design, Good + Simple is a beautiful cookbook that will ensure anyone can eat well every day.

Here You Will Find The Most Popular And Delicious Spiralizer Recipes That Will Make Cooking Much More Interesting! Want to Get the Most Out of Your Spiralizer Cookbook? You know, it's funny... other books are full of unnecessary tips and recipes: almost every spiralizer cookbook tells that everybody knows and there is little useful information in such books. How useful is that kind of recipe book? We'll answer that: NO USEFUL AT ALL. Wish it had more useful cooking tips and more delicious spiralizer recipes? You know what can help you? There's just one answer to this question - this Spiralizer Recipe Book. THIS SPIRALIZER RECIPE BOOK IS THE #1 THING YOU NEED TO ENJOY YOUR COOKING TO THE FULL! Do You Want To? -know the most useful tips and most delicious spiralizer recipes -get a lot of pleasure out of using your spiralizer -cook delicious dishes by using new spiralizer recipes You Might Already Have Tried Other Spiralizer Recipe Books, But This Book Will Take Your Cooking To The Next Level! This book is one of the best contemporary spiralizer recipe books. Sometimes some useful spiralizing secrets - this is exactly what we need to enjoy this process much more. In the book you will find useful tips and delicious recipes that every spiralizer fan will love! It is the most amazing Spiralizer Recipe book you've

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ever read. From this book you will learn how to: -cook a variety of dishes by using a spiralizer -prepare nutritious main courses -cook healthy side dishes -prepare creamy soups -make low-calorie salads -make delicious desserts

"Zoodles Spiralizer Cookbook makes it clear that you don't have to choose between eating healthy and satisfying your cravings." --Caroline Kitchener, contributing writer to The Atlantic Working more vegetables into your diet can be challenging. But with Zoodles Spiralizer Cookbook you can get the health benefits of vegetables with the gratification of your favorite pasta and noodle dishes. Enjoy Fettuccine Alfredo or Chicken and Veggie Chow Mein free of carbs, gluten, refined sugars, and grains with this all-in-one spiralizer cookbook. Perfect for beginners or spiralizing enthusiasts, Zoodles Spiralizer Cookbook offers: 75 fresh, flavorful zoodle recipes for making pastas, soups, noodle dishes, and salads An overview of different spiralizer models so you can select the best one for you Knowledgeable guidance from a nutrition expert on how to prep and use the best vegetables for spiralizing Certified Holistic Health Coach Sonnet Lauberth has been helping others eat healthier with her popular food blog, In Sonnet's Kitchen. With her original recipes in Zoodles Spiralizer Cookbook you'll stop stressing and start spiralizing your way to a new way of thinking about?and eating?your veggies. "I love Zoodles Spiralizer Cookbook! Easy to cook and TASTY recipes. I have tried a couple of them and love them. I am working on getting away from CARBS and with tasty meals like these it is simple to do. I can't even tell I'm not eating flour

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noodles...and I don't miss them!"--Amazon Customer

EDITION 3 NOW AVAILABLE! Thanks for the feedback! We have incorporated your ideas and suggestions into a major update! Edition 3 is now available with more recipes, photos, illustrations, nutritional information and other goodies! (If you own the previous edition and want a copy of the new edition, please contact us.) Want Delicious Gluten-Free, Wheat-Free, Low-Fat "Pasta" made from veggies? This book is a companion book for anyone who owns or is buying a spiral vegetable slicer or cutter (Veggetti, Paderno, or any other brand). In this essential book we cover:

- learn how to spiral cut vegetables like a Pro
- learn the "insider's" way to quickly clean your spiral veggie slicer
- learn which vegetables work best
- Paleo Recipes
- Gluten-Free and Wheat-Free Recipes
- Weight Loss Recipes
- Deliciously Decadent Recipes.

This book was written because I could not find enough information or recipes for the Veggetti Spiral Vegetable Cutter, or any of the other popular spiral slicers and cutters. I've researched, experimented and collected the most delicious recipes so that you can make the most of your new vegetable cutter! Here are some reviews from people who have purchased the book and tried the recipes: "I just got a Veggetti as a gift and was thrilled to start using it, but wanted more recipe options than what came with them. Well this is it!" - Dip Falcon. "This book is a godsend for anyone who loves veggies AND for anyone who is following the paleo diet" - Sid Mylavarapu. "I hadn't been using my veggie cutter all that much lately and this got me motivated again! The recipes are really creative. I never would have come up with this stuff." - Ryan Jett

Who is this book for? Anyone who wants to feel better, feel younger, perform better, have more energy, and generally have a healthier body and mind. Why? Because your spiral vegetable slicer gives you the tools to make the delicious, healthy

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food you crave. Now all you need are some "insider" secrets, and a nice collection of great recipes to complete the package!

365 Days Of Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Julia Ellison ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, 365 Days Of Spiralizer Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections

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below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now! Put down the green juice and ditch the boring salad! Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal. Eric Shaffer, Blogger, Food Enthusiast "Must Have For Spiralizer Owners" Here's the real kicker The Spiralizer Cookbook is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks, guidance and recipes, the Healthy Spiralizer has been created to focus on Spiralizer Cookbook and The Most Explosive Flavours. You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Crunchy Kohlrabies Salad Lemon Zucchini Salad Creamy Butternut Spaghetti Summer Noodle Salads Broccoli Slaw Potato Noodles with Almond Sauce Roasted Plantain

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Noodles Spiralized Avocado Wraps Use these spiralizer recipes, and start cooking today! Impress your family with these easy to make & healthy vegetable recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible spiralizer recipes **TOP 50 AMAZING LOW CARB SPIRALIZER RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!** Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT There is a new way to enjoy all your favorite foods without sacrificing your health by consuming too many empty, refined carbohydrates! Reclaim your health with the top 50 low carb spiralizer recipes! Spiralizing food is becoming increasingly popular and it is more than just a fad! Spiralizing fresh vegetables at home is a lifestyle and an entire movement based on reclaiming our health and well-being without sacrificing any of our favorite meals. Foods like traditional pastas can leave you feeling bloated, fat, and unhealthy. But pasta dishes don't have to be this way! That's why creating amazing meals at home using fresh spiralized vegetables is becoming so popular! Spiralizing your veggies means you can eat a variety of delicious meals while cutting back your carbs, dropping weight, and feeling better than ever! The evidence has become undeniable: spiralizing is a fun way to help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! 50 low carb spiralizer recipes soups, salads, lunches, and dinners, all with complete nutritional information, serving sizes, and pictures! This low carb spiralizer cookbook makes it easy to get the most out of your spiralizer! With 50 amazing spiralizer recipes, you can use your spiralizer for every single meal for weeks at a time without getting bored! Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best

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meals of your life all while improving your health and losing weight! 50 spiralizer recipes so you can have it all! Going paleo, low carb, or slow carb does not mean you are on a boring, bland, starvation diet. It also doesn't mean you need to miss out on all your favorite carb heavy dishes, which you can substitute refined carbs like traditional pastas for healthy spiralized vegetables. Eating bland and weird food might be one way to lose weight, but that is not what spiralizing is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 50 amazing low carb spiralizer recipes now and learn the many delicious possibilities you could have for your next meal, and every meal for weeks to come! Spiralizing food can be fun and easy, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on 50 of the most delicious, mouth-watering low carb spiralizer recipes, all with complete nutritional information, serving sizes, and pictures in this spiralizer cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite spiralizer recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Fiona Mills ! Do you miss the carefree years when you could eat anything you wanted?Are you

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looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, Spiralizer Recipes Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

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Want to start eating healthy, but don't like vegetables? Didn't inherit the broccoli-loving gene? Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal. Eric Shaffer, Blogger, Food Enthusiast "Must Have For Spiralizer Owners" You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Curly Fries- Whole Snack Recipe Walnut Apple Sauce Celeriac Pasta Jicama Zoodles with Ginger-Tahini Creamy Dressing Sweet Potato Noodles with Coconut Curry Peanut Pad Thai Salad Peanut Raw Noodles No Meatball Noodles with Marinara Sauce Cashew Alfredo Noodle Use these spiralizer recipes, and start cooking today! Impress your family with these easy to make & healthy vegetable recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible spiralizer recipes

101 Popular and Easy-to-Make Spiralizer Recipes for Your New Cuisique Spiralizer! Learn how to turn courgettes into zoodles, cauliflower into rice, squash into pasta strands, sweet

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potatoes into delicious ribbons, and many other vegetables into the most delicious pastas, soups, main dishes and desserts you can imagine! This is the fifth book from #1 Best Selling author J.S. Amie's Vegetable Spiralizer Cookbook series. Her spiralizer books were the first on the market, and they're still the best! Why? Because the recipes are tried, tested, and mouthwateringly delicious! Here's a preview of what's inside... A Full Range of Dishes: * Soups * Salads * Main Dishes * Sides * Desserts Comprehensive Instructions: * How to use your Cuisique spiralizer * How to choose the right vegetables for spiralizing * Pro tips for perfect spiralized foods Special Diets: * Gluten-Free * Paleo * Low-Carb / Weight Loss * Vegetarian / Vegan * (and omnivore too!) The book also comes with a handy Quick Start Guide which will get you spiralizing in no time! Full Color Photos available online. Spiralschneider, Gemüseschneider, gemuse spiralizer. Get your copy today! Click the "add to cart" button and buy RISK FREE. (FREE SHIPPING for Amazon Prime members)

Spiralizing has taken the culinary world by storm, and now everyone can make their own delicious spiralized recipes at home. Vegan, paleo, low carb and gluten-free diets are all catered for, so you can create imaginative, nutritious meals for the whole family. From Bang Bang Chicken and Vegetable Noodles to Skinny Carrot Fries and Spiralized Squash & Sage Risotto, you can transform any vegetable into a delicious meal which is the equal of its indulgent original. Soups, salads, snacks and sweet treats are all covered, as well as family favourites like Cottage Pie and Chicken Wings. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

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SAVE UP TO 90% RIGHT NOW! Get this Amazing #1 Amazon Best-Seller - Great Deal! Put down the green juice and ditch the boring salad! Is there any fun way to get fresh fruits and vegetables into your diet? Absolutely! Try A Spiralizer & Get ALL the amazing ideas & recipes today and create the healthy vegetable meal. Eric Shaffer, Blogger, Food Enthusiast "Must Have For Spiralizer Owners" Here's the real kicker The Spiralize It is a #1 Most Exclusive Recipe Book Ever. Unlike other cookbooks, guidance and recipes, the Spiralize It has been created to focus on Easy Spiralizer Recipes and The Most Explosive Flavours. You'll Never Guess What Makes These Veggie Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavours Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegetable Meal These spiralizer recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering low-carb budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These spiralizer recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime ideas Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some healthy dinner ideas, or just trying to get some vegetable recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Spiralizer Recipes To Try! Carrot Noodles with Tahini Noodles Cheesy Beet Root Salad Mushroom Squash Raw Noodles Salad Vegan Noodles Bolognese

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Chickpeas Noodles Sweet Apple Noodles Salad Parsnip Spaghetti with Tomato Sauce
Use these spiralizer recipes, and start cooking today! Impress your family with these easy to make & healthy vegetable recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible spiralizer recipes

This book will make it easy for you to enjoy healthy, spiralized food. By reading this book you'll learn: - How to choose and use a spiralizer - The best vegetables and fruits to spiralize - Pasta and salad recipes for spiralizers - Spiralizer recipes for breakfast, main dishes, snacks and desserts

An inspiring guide to cooking an assortment of healthy and allergen-free recipes. Eating WELL with Debbie is a healthy lifestyle guide and clean eating recipe book that goes way beyond food allergies or intolerances. Health starts with good eating habits, a positive active lifestyle, and avoiding common food sensitivities and allergens. Eating WELL with Debbie demonstrates that healthy cooking and eating a selective diet doesn't have to be challenging or bland. The recipes in this book are unique creations and healthier allergen-free versions of classic recipes everyone knows and loves. The scope of this book goes far beyond cooking allergen-free. It is also intended for anyone who may have eliminated dairy or gluten from their diet or are simply looking to eat cleaner and lose weight. Anyone looking to feel better, improve their health, and have some fun in the kitchen making great food will benefit from Eating WELL with Debbie. Inside "Eating WELL with Debbie" you will find: -Over 130 healthy recipes- gluten-

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free/dairy-free/raw/paleo/vegan -Information about self-care -A guide to kitchen essentials and food substitutions -Tips on how to optimize your kitchen and pantry for healthy cooking -Guidelines for navigating the grocery store -How to decipher food labels -Guides on how to cook healthfully on a budget and in a timely manner

365 Days Of Spiralizer Recipes Cookbook Get your copy of the best and most unique recipes from Abigail Mackenzie ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. ? Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook ? In this book: This book walks you through an effective and complete anti-inflammatory diet- no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, 365 Days Of Spiralizer Recipes

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Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

The Spiralizer Cookbook - Over 30 Spiralizer Recipes For The Spiralizer - Healthy, Delicious Spiral Cutter Recipes For The Paderno Spiralizer At last a cookbook loaded with over 30 spiralizer recipes that you can make with your Paderno Spiralizer or regular vegetable spiral slicer. My name is Katey Goodrich and I wrote the spiralizer cookbook because like you I purchased the best kitchen tool ever, the Paderno Spiralizer but couldn't find a cookbook with recipes for it. Having already published 55 Superfoods on Kindle I decided to stop complaining and write one that I could share with you and others, and here it is. This is only the first in a series that will cover many diets and cooking topics that the spiralizer is perfect for. And yes! It has plenty of zucchini noodle recipes as well. I have included helpful tips and advice on cleaning,

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maintaining and using the spiralizer as well as over 30 starter recipes to get you going. The recipes are good for hand held spiral cutters as well. Included are spiralizing tips and advice for many fruits and vegetables including, Apples, Beets, Butternut squash, Cabbage, Carrots, Celery, Cucumbers, Daikon , Eggplants, Jicama , Kohlrabi, Onions, Parsnips, Pears, Plantain, Potatoes, Squash (yellow, summer, Mexican), Radishes, Sweet potato, Turnips, Yams and Zucchini. I have also included advice on how to prepare the vegetables for spiralizing and cooking, and which blade to use for each dish. You will never be lacking for choice again where it comes to finding a tasty, nourishing vegetable spiralizer based meal again, or spend hours trolling through the internet searching for a recipe to suit your tastes. The Spiralizer Cookbook has over 30 delicious, healthy and easy to prepare spiralizer recipes to start you off with. There are breakfast, lunch and dinner recipes that you and your family will enjoy every week. In no time at all you'll be a spiral slicer wiz and with my spiralizer cooking and preparation tips and advice you'll soon be creating your own versions of popular spiral cutter recipes. The Spiralizer Recipe Book is perfect if you watching your weight or intending to lose some weight, most of the recipes are diet conscious and because of this fantastic little kitchen tools unique abilities traditional recipes have had their fat content and calories reduced dramatically, but are still delicious and satisfying. The spiraliser cookbook has recipes that are suitable for people on special diets such as, Vegetarian, Paleo, Wheat free, Low-carb, Vegan, Weight loss, gluten free, low gi, raw food,

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diabetes and heart healthy. But that doesn't mean you get to eat just a carrot or starve yourself, every recipe was carefully chosen as a perennial family favorite and adapted for the spiralizer, making them healthier, more nutritious, but still loaded with taste and many would say even better tasting than the original. Are you inspired? Or should I say Inspiralized! Then let's get Spiralizing.

This cookbook is something you need! Because you are looking for the best spiralizer recipe to make healthy, comforting, simple, ready to serve, budget-friendly, fuss-free meal with mouth-watering photos. With the use of the spiralizer, you can easily create low-carb meals loaded with healthy nutrients. If you have a spiralizer and you are new to using it, this book will be great for you. Spiralizers are mainly operated manually by hand, driving the blades into the vegetables. A manual peeler can also be used, although this can be slow work if you are preparing food for a lot of people. Spiralizing is one of the best ways to incorporate vegetables in your diet. Moreover, the fun spaghetti like texture of these vegetables actually makes them better to eat as compared to the normal, dough pasta. Spiralizing vegetables is considered an art form and in many cases, it can be hard to achieve the right consistency. Don't wait any more! Download 35 Spiralizer for beginners cookbook TODAY, and start enjoying cooking again!

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