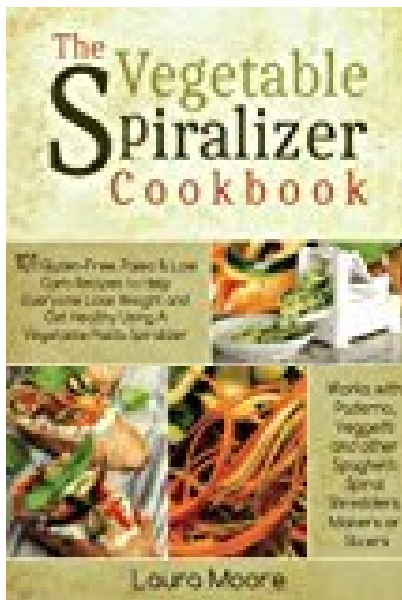


# The Vegetable Spiralizer Cookbook 101 Gluten-Free Paleo & Low Carb Recipes to Help You Lose Weight & Get Healthy Using Vegetable Pasta Spiralizer - for Paderno Veggetti & Spaghetti Shredders

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## BOOK DETAILS

- Author : Laura Moore
- Pages : 210 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 150321009X

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## **BOOK SYNOPSIS**

The Skinny Spiralizer Recipe Book Delicious Spiralizer Inspired Low Calorie Recipes For One. All Under 200, 300, 400 & 500 Calories If you are looking for new and fresh meal ideas to use with your spiralizer then this book is for you! Get ready to open yourself up to a whole new world of possibilities.... Our calorie counted low fat recipes will help you make the most of your spiralizer: serving up super-fast, simple meals, soups, sides, salads and more. With our recipes and your spiralizer, mealtime prep is fast and fun. Every skinny dish serves one and is calorie counted to fall below either 200, 300, 400 or 500 calories. Recipes include: Sweet Ground Beef & Zucchini Twirls Shrimp & Fresh Pea Noodles Veggie Lime & Cashew Stir-Fry Beef Noodle Soup Skinny Sausage & Spinach Spaghetti Fresh Lime Zucchini Ribbons Garlic Chicken & Cucumber Ribbons Honey & Thyme Egg Plant Onion & Balsamic Dressed Pasta Spiralized Bubble & Squeak Sundried Tomato & Basil Pasta Creamy Squash Sauce Spaghetti Chicken Miso Soup Wok Egg Soup Sweet Chilli Prawn Noodles Spiced Spinach & Spiralized Sweet Potatoes Beef Keema Fresh Tuna Stir-Fry Bean & Halloumi Ribbon Salad Sweet Potato & Porcini Spirals Skinny Sausage & Spinach Spaghetti Pesto Chicken Pasta Honey Chicken & Crunchy Carrot Stir-Fry Baked Sweet Potato Macaroni Cheese Beetroot & Yogurt Soup Plus many more..... Get ready to be inspired with your spiralizer! You may also enjoy other titles from the Skinny calorie counted series. Just search cooknation.  
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**THE VEGETABLE SPIRALIZER COOKBOOK 101 GLUTEN-FREE PALEO & LOW CARB RECIPES TO HELP YOU LOSE WEIGHT & GET HEALTHY USING VEGETABLE PASTA SPIRALIZER - FOR PADERNO VEGGETTI & SPAGHETTI SHREDDERS**

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