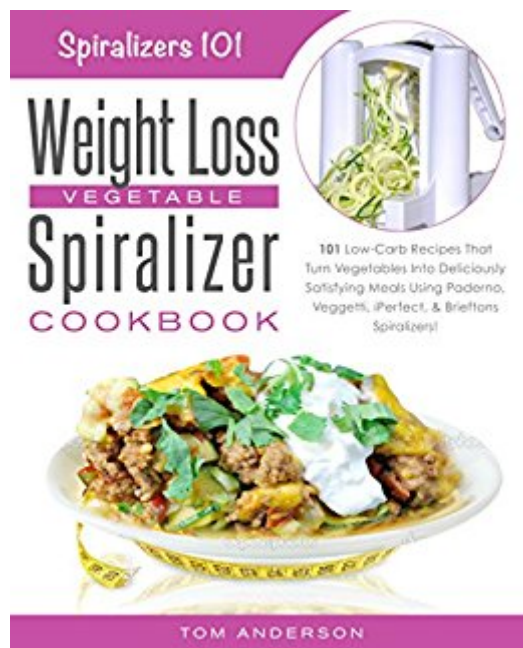


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# The Weight Loss Vegetable Spiralizer Cookbook: 101 Low-Carb Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, IPerfect, ... Spiralizers! (Spiralizers 101 Book 2)



## Synopsis

**SPIRALIZERS 101 - The Definitive Guide To Spiralizing** Want to know how to use your new vegetable Spiralizer to make appetizing, low calorie and low carb meals for your family? Then the "Spiralizer 101" series of books is for you! With illustrated instructions, this book will answer all of your questions about spiralizers, such as:

- How can I make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables?
- How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Brieftons and others)?
- What are the different shapes and sizes of spiral cuts I can make?
- How to spiral cut vegetables without a spiralizer?
- How to choose the right vegetables for spiralizing?
- What kind of meals can I make with spiralized veggies?

In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became forbidden. Would you like to enjoy low-calorie fettuccine alfredo? Pasta Arrabiata? How about spicy Drunken Noodles? Or a homemade Chicken and Noodle soup? Who is this book for? You want to learn how to make zoodles You want to lose weight Compatible with *Against the Grain*, *Wheat Belly*, *Inspiralized*, or other popular books You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer You love pasta dishes, but want to eat healthy You desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc. Paperback version recommended for better use in the kitchen. Click the BUY button today! **NO RISK GUARANTEE!** Here's a preview of the 101 delicious Weight Loss recipes inside:

**SOUPS:** Asian Pasta with Broth Black Bean & Noodle Soup Curried Leek & Lentil Soup Green Chile, Chicken, Squash Soup Mexican Chicken Noodle Soup Mexican Tomato Soup with Squash Noodles Miso Noodle Soup Pumpkin Noodle Soup Rosemary Root Vegetable Soup Shoyu Cabbage Soup Sizzling Rice • Soup Slow - Cooker Minestrone Thai Chicken Noodle Soup Tunisian Noodle Soup

**SALADS:** Asian Chicken & Noodle Salad Beet Salad Colorful Carrot & Beet Slaw Dilled Salmon Pasta Salad Greek Pasta Salad Light Citrus Ginger Tofu Salad with Carrot and Squash Noodles Mediterranean Pasta Salad Noodles & Humus Salad One Pot Kale and Cauliflower Pilaf Pasta Primavera Salad Roasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet Noodles Shaved Asparagus, Yellow Squash, and Mint Salad South of the Border Jicama-Avocado Salad Thai Green Papaya Salad Zucchini and Squash Summer Salad with Golden Raisins, Pistachios, and Mint Zucchini, Squash, and Spinach Salad with Apples and Cranberries

**SIDES:** Baked Potato-Veggie Latkes Baked Zucchini and Potato Pancakes Curried Vegetable Couscous French Peasant Beets Spirals Lemon Chard Pasta Mediterranean Squash

Stir-fryMexican SlawPerfumed Noodles with Fruit & NutsRoasted Vegetable SnacksSesame NoodlesSouthwestern Spiced Sweet Potato and Beet Spirals with Chili-Cilantro Sour CreamSpicy SlawSquash SautÃ©Vegetables with Rosemary VinaigretteMAIN DISHES:Baked Chicken Parmesan with NoodlesBaked Eggs with Spiraled JicamaBeef Paprikash with Squash NoodlesBeef PhoCabbage and Apple SautÃ©Cabbage Ã© –Å“SpaghettiÃ© –Å• with Turkey SauceChicken Curry with Cauliflower Ã© –Å“RiceÃ© –Å•Curried Chicken with PastaDrunken Clams with SausageÃ© –Å“Drunken NoodlesÃ© –Å• with ChickenEthiopian-Inspired Spicy Chicken StewFlorentine Potato Pasta CasseroleFunky Low Fat Chicken With Sesame NoodlesGreek Lamb PastaGreek Lamb with Riced CauliflowerHalf Hour FajitasLight Chicken Veggie AlfredoPasta & Turkey/Chia Seed MeatballsPasta Cajun StylePasta e FagiloPasta PuttanescaPasta with Anchovy SaucePasta with Charred Tomato SaucePasta with ClamsPesto Zucchini Pasta with

## Book Information

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## Customer Reviews

I got Tom Anderson's other book just for the basics of the spiralizer - what and how to use it.This

book was more for the recipes, as you know, when we get new toys all we want to do is play with them. So this book gives you a nice outlet to do so. Easy, simple, and cheap recipes. Oh yeah, healthy!

I am always looking for a healthier way to cook. That is why i have my spiralizer. This book gives you an understanding of the different devices on the market today and how to use each. I have been spiralizing for four years now and this book has taught me a few techniques i didnt know about. It will also explain how to replace pasta and rice in your meals so that you can eat healthier. The recipes sound interesting too. I have my eye on a few that i want to try first. Get the book. You cant go wrong.

I love this book! Spiralized veggies are beautiful and fun to eat. These recipes are easy and yummy and that really helps to keep my low calorie diet healthy, fun,The Weight Loss Vegetable Spiralizer Cookbook: 101 Low-Carb Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, iPerfect, ... Spiralizers! (Spiralizers 101 Book 2)The Weight Loss Vegetable Spiralizer Cookbook: 101 Low-Carb Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, iPerfect, ... Spiralizers! (Spiralizers 101 Book 2)Ã Â and interesting - I'm so glad you wrote this book!

It has some good recipes. My family loves them.

This is a great collection of flavorful recipes whether you are trying to loose weight or not! I would recommend this book if you are new to spiralizing or if you just need new ideas for perking up your repertoire of dinner options. Besides the recipes, this book has a nice introduction to spiralizing for those just starting out or thinking of purchasing a spiralizer.

The book begins with an extensive primer on spiralizing vegetables. Very useful for a beginner or someone trying a new vegetable or product. He then presents a number of tantalizing recipes with nutritional information. As a confirmed spiralizer, I found the recipes intriguing, particularly for soup. I am sure I will use this book extensively.

This book is a must for everyone! Spiralizing vegetables can result in many good healthy meals and ultimately lead to better health. Preparing meals with a spiralizer has contributed to my weight loss

of over 40 pounds. I love pasta meals but this book has many terrific recipes that have great nutrition without compromising taste.

I am new to spiralizing but boy is that little tool going to get a work out! This book gives you the basics on spiralizing and oh my those recipes! They made me so hungry! They sound delicious! I was given a free kindle copy for an honest review and I have to say I am looking forward to more from this author.

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Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Spiralizer: 365 Days of Spiralizer Recipes (Spiralizer Cookbook, Spiralize, Skinny Diet, Cooking, Vegan, Salads, Pasta, Noodle, Instant Pot, Low Carb, ... Clean Eating, Weight Loss, Healthy Eating) My Paderno Vegetable Spiralizer Recipe Book: Delectable and Surprisingly Easy Paleo, Gluten-Free and Weight Loss Recipes! (Spiral Vegetable Series) (Volume 2) Welcome to Spiralizer World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spiralizer Recipes (Spiralizer Cookbook, Vegetable Pasta Recipes, Noodle Recipes,... ) (Unlock Cooking, Cookbook [#4]) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating)

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