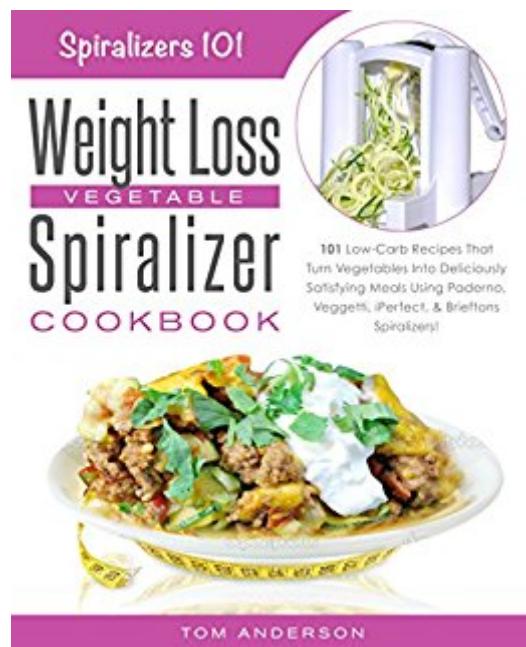


The book was found

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 SpiralizingWant 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 zoodlesYou want to lose weightCompatible with Against the Grain, Wheat Belly, Inspiralized, or other popular booksYou have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicerYou love pasta dishes, but want to eat healthyYou 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 BrothBlack Bean & Noodle SoupCurried Leek & Lentil SoupGreen Chile, Chicken, Squash SoupMexican Chicken Noodle SoupMexican Tomato Soup with Squash NoodlesMiso Noodle SoupPumpkin Noodle SoupRosemary Root Vegetable SoupShoyu Cabbage SoupSizzling Rice SoupSlow - Cooker MinestroneThai Chicken Noodle SoupTunisian Noodle SoupSALADS:Asian Chicken & Noodle SaladBeet SaladColorful Carrot & Beet SlawDilled Salmon Pasta SaladGreek Pasta SaladLight Citrus Ginger Tofu Salad with Carrot and Squash NoodlesMediterranean Pasta SaladNoodles & Humus SaladOne Pot Kale and Cauliflower PilafPasta Primavera SaladRoasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet NoodlesShaved Asparagus, Yellow Squash, and Mint SaladSouth of the Border Jicama-Avocado SaladThai Green Papaya SaladZucchini and Squash Summer Salad with Golden Raisins, Pistachios, and MintZucchini, Squash, and Spinach Salad with Apples and CranberriesSIDES:Baked Potato-Veggie LatkesBaked Zucchini and Potato PancakesCurried Vegetable CouscousFrench Peasant Beets SpiralsLemon Chard PastaMediterranean Squash

Stir-fry Mexican Slaw Perfumed Noodles with Fruit & Nuts Roasted Vegetable Snacks Sesame Noodles Southwestern Spiced Sweet Potato and Beet Spirals with Chili-Cilantro Sour Cream Spicy Slaw Squash Sautéed Vegetables with Rosemary Vinaigrette

MAIN DISHES: Baked Chicken Parmesan with Noodles, Baked Eggs with Spiraled Jicama, Beef Paprikash with Squash Noodles, Beef Pho, Cabbage and Apple Sautéed Cabbage, "Spaghetti" with Turkey Sauce, Chicken Curry with Cauliflower, "Rice" Curried Chicken with Pasta, Drunken Clams with Sausage, "Drunken Noodles" with Chicken, Ethiopian-Inspired Spicy Chicken Stew, Florentine Potato Pasta Casserole, Funky Low Fat Chicken With Sesame Noodles, Greek Lamb Pasta, Greek Lamb with Riced Cauliflower, Half Hour Fajitas, Light Chicken Veggie Alfredo Pasta & Turkey/Chia Seed Meatballs, Pasta Cajun Style, Pasta e Fagioli, Pasta Puttanesca, Pasta with Anchovy Sauce, Pasta with Charred Tomato Sauce, Pasta with Clams, Pesto Zucchini Pasta with

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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 tecnicas 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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